

Personal Emergency GO Bag List

***** Your GO Bag should include everything you need to be self-sufficient for at least 72 hours *****

Remember the 5 P's of Emergency Evacuation

- 1. People and Pets** - be ready to evacuate yourself and family. Pets will need water, food and supplies.
- 2. Prescriptions** - medications with dosages, medical equipment, eyeglasses, hearing aids and batteries.
- 3. Papers** - important documents (hard copies and/or electronic copies saved on external hard drives or thumb drives), insurance policies and family/friend/business contact information.
- 4. Personal Needs** - clothing, water, food, cash, credit cards, ID, first aid kits, phones and chargers (solar charger), power cords, face coverings, hand sanitizer, wipes, flashlights and extra batteries, personal hygiene items, whistle.
- 5. Priceless Items** - photos, irreplaceable mementos and other valuables.

✓ **VerdeCares encourages you to take proactive measures.**

✓ **Be prepared BEFORE an emergency occurs.**

✓ **Personalize your Emergency GO Bag to fit Your needs.**

✓ **VerdeCares can help you with your GO Bag questions - Call (480) 471-8944**

GO Bag Basic Recommendations:

- ☐ Prescription Medications (for at least 3 days)
- ☐ Current Medication List, Health issues identified, POA contact info, Local contact info.
- ☐ Personal Essentials (eyewear, hearing aids/batteries, nasal spray)
- ☐ Personal Hygiene Items (disposable undergarments, pads, wipes)
- ☐ Personal Protection and Comfort Items (face coverings, hand sanitizer, disinfectant wipes, vaseline, chapstick, lotion)
- ☐ Non-Perishable Food and Drink (energy bars, nuts, granola, peanut butter, crackers, water, protein drink, Gatorade)
- ☐ Change of Clothing (daytime/nighttime, undergarments, socks, sweater/jacket)
- ☐ Phone and charger
- ☐ Government Issued Identification (driver's license, passport, state ID card)
- ☐ Cash and credit cards
- ☐ Paper cups, paper plates, plastic utensils, paper towels
- ☐ Pet food, container for food and water, waste disposal bags
- ☐ Flashlight and extra batteries
- ☐ Paper and pen/pencil
- ☐ First aid kit
- ☐ Bottled water

Personal Emergency GO Bag Checklist

Name(s): _____ Date: _____

Address: _____ Phone: _____

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Notes and Questions:

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