

Pack a GO Bag

Be Prepared, Not Scared

Disasters can strike at any time and in any place. Be prepared and pack a 'Go bag'. A Go Bag is a small, portable bag or backpack that you grab on your way out the door.

Pack a separate Go Bag for yourself and every member of your household, and keep stored in an accessible location. Pack each persons bag with their specific, essential items.



Food & Water

- ☐ Water is essential! Water in carton containers has a longer shelf life
- ☐ Non-perishable food, such as, granola, energy bars, MREs, etc.
- ☐ Water filtration tablets or a portable filtered water bottle



Personal Needs

- ☐ Travel size toiletry items, feminine products, or other needed items
- ☐ Extra pair of eyeglasses
- ☐ Multipurpose tool with a knife and can opener
- ☐ N95 respirator masks
- ☐ First-aid kit
- ☐ Whistle
- ☐ Cash, including small bills and coins



Medication

- ☐ Pack three days, or more if possible, worth of each of your prescriptions
- ☐ If you use an oxygen tank, have a portable version



Clothing & Shelter

- ☐ Complete change of clothing, include a long-sleeved shirt, warm layers, and sturdy shoes
- ☐ Rain jacket or poncho
- ☐ Work gloves
- ☐ Blanket or sleeping bag



Basic Electronics

- ☐ Phone charger and an additional battery pack
- ☐ LED flashlight and a headlamp
- ☐ Extra batteries
- ☐ Emergency NOAA radio



Pet Needs

- ☐ Collar with ID tag and leash
- ☐ Food, water, and bowl
- ☐ Pet carrier
- ☐ Vaccination records



Documents

- ☐ Insurance policies
- ☐ ID and bank account records saved electronically or in a waterproof, portable container

For more disaster preparedness information: www.ready.gov

For information on upcoming preparedness classes: www.MontpelierStrong.org



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