

Disaster Emergency Go Bag Checklist

Essentials:

- ☐ Water: At least one gallon per person for three days.
- ☐ Nonperishable Food: Three day supply (e.g., energy bars, canned food, nuts).
- ☐ Manual Can Opener: If including canned food.
- ☐ Battery Powered or Hand Crank Radio.
- ☐ Flashlight with extra batteries.
- ☐ First Aid Kit: Including bandages, antiseptic wipes, tweezers, scissors, pain relievers, and any necessary prescription medications.
- ☐ MultiTool or Swiss Army Knife.
- ☐ Local Maps: To navigate in case of GPS failures.
- ☐ Whistle: To signal for help.

Personal Items:

- ☐ Important Documents: Copies of passports, driver's licenses, insurance policies, birth certificates, and bank account details in a waterproof container.
- ☐ Cash: In small denominations and coins (ATMs might not be working).
- ☐ Clothing: Spare change of clothes, including underwear and socks.
- ☐ Sturdy Shoes: Preferably waterproof.
- ☐ Personal Hygiene Items: Toothbrush, toothpaste, sanitary napkins/tampons, wet wipes, hand sanitizer.
- ☐ Face Masks: To help filter contaminated air.
- ☐ Glasses or Contact Lenses: Including cleaning solution for contacts.

Shelter and Warmth:

- ☐ Emergency Blanket: Compact and reflective thermal blankets.
- ☐ Poncho or Raincoat.
- ☐ Tent or Tarp: Compact emergency shelter.
- ☐ Hand Warmers.
- ☐ Matches or Lighter: In a waterproof container.

Communication and Signaling:

- ☐ Fully Charged Cell Phone: With backup charger or solar charger.
- ☐ List of Emergency Contacts: Both local and outoftown.
- ☐ Pen and Notepad.
- ☐ Signaling Mirror.

Special Considerations:

- ☐ Baby Supplies: If you have an infant (e.g., formula, baby food, diapers).
- ☐ Pet Supplies: If you have pets (e.g., pet food, leash, carrier).

- ☐ Children's Items: Toys, games, or books to keep children occupied.
- ☐ Special Dietary Needs: Ensure food items meet any dietary restrictions.
- ☐ Medications: Prescription and over-the-counter medications that are regularly used.

Optional but Useful:

- ☐ Compass.
- ☐ Gloves.
- ☐ Duct Tape.
- ☐ Rope or Paracord.
- ☐ Insect Repellent.
- ☐ Sunscreen.
- ☐ Fire starter.

Remember, the go bag should be easily accessible and stored in a known location. It's also essential to review and update the contents of your go bag regularly, especially food, water, and medications, to ensure they haven't expired. Customize the checklist based on your personal needs and local disaster risks.

First Aid Kit

Creating a comprehensive first aid kit for a go bag is essential for emergency preparedness. Here's a list of contents you might consider including:

1. Bandages and Dressings:

- Adhesive bandages (various sizes)
- Sterile gauze pads (different sizes)
- Non-adherent sterile dressings
- Adhesive tape
- Elastic bandages (ACE bandages)

2. Wound Care:

- Antiseptic wipes or solution (e.g., alcohol wipes, iodine solution)
- Hydrogen peroxide or saline solution for wound irrigation
- Antibiotic ointment or cream
- Sterile gloves
- Tweezers (for removing splinters or debris)
- Scissors

3. Trauma Supplies:

- Sterile eye wash solution
- Instant cold packs
- Sam splint or rolled-up triangular bandage for splinting fractures
- Tourniquet (if properly trained in use)
- Trauma shears

4. Medications:

- Over-the-counter pain relievers (e.g., ibuprofen, acetaminophen)
- Antihistamines for allergic reactions (e.g., diphenhydramine)

- Anti-diarrheal medication
- Antacids
- Aspirin (for potential heart attack symptoms)
- Glucose tablets or gel
- 5. **Personal Medications:**
 - Any prescription medications you or your family members may need
 - Inhaler for asthma or respiratory conditions
 - Epinephrine auto-injector (e.g., EpiPen) for severe allergic reactions
- 6. **Tools and Instruments:**
 - Digital thermometer
 - CPR face shield or mask
 - Space blanket or emergency blanket
 - Penlight or flashlight
 - Multi-tool with scissors, knife, and other tools
 - Safety pins
- 7. **Miscellaneous:**
 - First aid manual or instructions
 - Emergency contact information
 - Notepad and pen
 - Small mirror (for examining hard-to-see areas)
- 8. **Personal Protective Equipment (PPE):**
 - Face masks
 - Hand sanitizer or hand wipes
 - Disposable gloves
 - Protective eyewear
- 9. **Special Considerations:**
 - Additional supplies for infants, elderly, or individuals with specific medical needs
 - Any personal items or supplies tailored to your family's needs (e.g., feminine hygiene products)

It's important to periodically check and restock your first aid kit to ensure that supplies are not expired and that you have everything you need for potential emergencies. Additionally, consider including any specialized items based on your location, activities, and potential hazards you may encounter.

Dental First Aid Kit

A dental first aid kit for a go bag should include items that can help manage dental emergencies and relieve dental discomfort while on the go. Here's a list of contents for a dental first aid kit:

1. **Dental Pain Relief:**
 - Oral analgesic gel or paste containing benzocaine or lidocaine for temporary relief of toothaches and gum pain.
 - Over-the-counter pain relievers such as ibuprofen or acetaminophen for managing dental discomfort.
2. **Temporary Dental Repair:**
 - Temporary dental filling material (dentemp or similar) to temporarily fill cavities or replace lost fillings.
 - Temporary dental cement for re-cementing loose crowns or bridges.
3. **Oral Care Products:**
 - Dental floss or interdental cleaners for cleaning between teeth and along the gumline.
 - Toothbrush and toothpaste for maintaining oral hygiene.
 - Mouthwash or oral rinse for freshening breath and reducing bacteria.
4. **Orthodontic Supplies (if applicable):**
 - Orthodontic wax for covering sharp edges of wires or brackets that may irritate the mouth.
 - Dental wax strips for securing loose orthodontic appliances.
5. **Emergency Tools:**
 - Dental mirror for self-examination of teeth and gums.
 - Tweezers for handling small objects or foreign debris from the mouth.
 - Cotton swabs for applying medications or cleaning sensitive areas.
6. **Emergency Contact Information:**
 - Information card with emergency dental contact numbers and instructions for accessing dental care in case of severe dental emergencies.
7. **Miscellaneous:**
 - Small container or case to hold dental supplies.
 - Instructions or guidance for basic dental first aid procedures.

It's important to note that a dental first aid kit can provide temporary relief and management of dental issues, but it is not a substitute for professional dental care. For severe dental emergencies, such as severe pain, swelling, or trauma to the mouth, it's essential to seek prompt professional dental treatment. Additionally, individuals with specific dental conditions or ongoing dental treatment may need to customize their dental first aid kit accordingly.

Black tea bags can be a surprisingly effective home remedy for managing certain dental emergencies. The tannins and other compounds found in black tea possess properties that can help alleviate pain, reduce inflammation, and promote healing in various oral conditions. Here's how black tea bags can be used in dental emergencies:

1. **Toothache Relief:**
 - Placing a moistened black tea bag directly over the affected tooth can help alleviate toothache pain. The tannins in black tea have natural astringent properties that can help numb the area and reduce inflammation, providing temporary relief from discomfort.

2. Gum Inflammation and Bleeding:

- Applying a moistened black tea bag to inflamed or bleeding gums can help soothe irritation and promote healing. The tannins in black tea can help constrict blood vessels and reduce swelling, which may help alleviate gum inflammation and stop minor bleeding.

3. Abscesses and Oral Infections:

- The antimicrobial properties of black tea may help inhibit the growth of bacteria in the mouth, making it potentially beneficial for managing oral infections such as abscesses. Placing a moistened black tea bag against the affected area can help draw out pus and reduce pain and swelling associated with oral abscesses.

4. After Oral Surgery or Tooth Extraction:

- After oral surgery or tooth extraction, placing a moistened black tea bag over the surgical site can help promote clotting and reduce bleeding. The tannins in black tea may help accelerate the formation of blood clots, which is crucial for the healing process.

Here's how to use black tea bags for dental emergencies:

1. Moisten a black tea bag with warm water to activate its compounds.
2. Gently bite down on the moistened tea bag to release its contents directly onto the affected area.
3. Hold the tea bag against the affected tooth or gum for 10-15 minutes, or as needed for pain relief.
4. Repeat the process as necessary, replacing the tea bag with a fresh one if it becomes too dry.

While black tea bags can provide temporary relief for certain dental emergencies, it's essential to remember that they are not a substitute for professional dental care. If you experience severe or persistent pain, swelling, or other dental issues, it's important to seek prompt evaluation and treatment from a dentist. Additionally, individuals with allergies or sensitivities to tea should exercise caution when using black tea bags for dental emergencies.

The “C’s”

(based and built upon Dave Canterbury’s teachings)

1. Cutting
2. Combustion
3. Communication
4. Cover
5. Container
6. Cordage
7. Cotton Bandanas
8. Cargo Tape
9. Compass
10. Cloth Sail Needle
11. Candling Device
12. Calories
13. Care
14. Clothing

Survival Rule of 3’s

3 seconds – if you don’t S(stop). T(think). O (observe). P (plan).

3 minutes – without air

3 hours – without shelter

3 days – without water

3 weeks – without food

3 months – without love