

# EMERGENCY GO BAG

## First Aid Kit

2 absorbent compress dressings (5 x 9 inches)  
25 adhesive bandages (assorted sizes)  
1 adhesive cloth tape (10 yards x 1 inch)  
5 antibiotic ointment packets (approx. 1 gram)  
5 antiseptic wipe packets  
2 packets of aspirin (81 mg each)  
1 emergency blanket  
1 breathing barrier (with one-way valve)  
1 instant cold compress  
2 pair of nonlatex gloves (size: large)  
2 hydrocortisone ointment packets (approx. 1 gram each)  
1 3 in. gauze roll (roller) bandage  
1 roller bandage (4 inches wide)  
5 3 in. x 3 in. sterile gauze pads  
5 sterile gauze pads (4 x 4 inches)  
Oral thermometer (non-mercury/non-glass)  
2 triangular bandages  
Tweezers  
Emergency First Aid instructions

## Food & Drink

Water | One gallon/person/day | 7-days  
Food | Non-perishable | Easy-to-Prepare | 7-days  
Disposable Utensils & Plates  
Manual Can Opener

## Children

Bottles  
Diapers  
Formula  
Games & Activities

## Pets

Collar | Harness | Leash  
ID Tag  
Food | Water | Bowl  
Carrier | Litter & Box  
Medication | Vet Info

## Additional Items

Multi-Purpose Tool  
Blankets or Sleeping Bags  
Change of Clothes  
Sturdy Shoes  
Work Gloves  
Towels  
Duct Tape  
Household Liquid Bleach  
Two-way Radios  
Whistle  
Rain Gear  
N95 or Surgical Masks

## Personal & Medical Items

Medications | 7-day Supply  
Over-the-Counter Medications  
Medication List & Health History  
Special Medical Supplies  
i.e., needles, syringes, test strips, etc.  
Hearing Aids & Extra Batteries  
Glasses & Contact Lenses  
Personal Assistive Devices  
Feminine Hygiene Supplies

## Essentials

Flashlight  
Battery-Powered or Hand-Crank radio  
(NOAA Weather Radio)  
Extra Batteries  
Cellphones & Chargers or Power Bank  
Maps of the Area  
Trash Bags  
Toilet Paper  
Hand Sanitizer  
Matches in Water-Proof Container

## Important Documents

Family & Emergency Contact Info  
Doctor's Office Info  
Proof of Address  
Birth Certificate  
Insurance Policies  
Passport  
Deed/Lease to Home  
Extra Cash

## Remember

Personalize to Your Families Needs  
Check Kit Regularly  
Watch Expiration Dates  
Replace Used Items  
Make a Family Disaster Plan