Nurse Barbara’s Go Bag
What will you need to stay healthy and secure when you need to evacuate during an emergency?

1. Water and dehydrated food for each family member for 3 days
2. Prescription and OTC meds
3. List of prescription drugs
4. Water purification tablets or portable ceramic filter
5. First aid kit
6. Flashlight
7. Spare batteries
8. Portable solar power strips to charge small devices
9. Battery charger that can jump a car
10. Whistle to signal for help
11. Dust mask to help filter contaminated air
12. Moist towelettes, disinfecting wipes, and hand sanitizer
13. Garbage bags and re-sealable bags
14. Manual can opener
15. Cash
16. Infant formula, bottles, diapers, wipes, and diaper cream for babies
17. Pet food and extra water for pets
18. Local maps
19. Blankets or extra outerwear
20. Battery-operated/hand-crank radio
21. Plastic sheeting and duct tape to shelter in place
22. 5-gallon bucket for hauling and personal sanitation

*If leaving on foot, food and water quantities will likely be less than a three-day supply.