



## GO BAG CONTENTS

### Basic electronics

Pack an extra phone charger in case you're fortunate enough to have electricity, and a portable battery pack in case you're not. Also stash a long-lasting LED flashlight. Pack a small hand-cranked or battery-operated AM/FM radio (with extra batteries).

### Personal needs

While getting ready for a typical day, list every toiletry you use, then buy a [travel-size version](#) of each. Pack backup eyeglasses, as well as a first-aid kit, baby wipes and a multipurpose tool with a knife and can opener.

### Clothing

Pack a few days' worth. Include layers you can add or remove, plus lightweight rain gear and waterproof boots.

### Your meds

Pack about three days' worth of each of your [prescriptions](#), which should last until you can get to a pharmacy that's open. If you need larger items, such as an oxygen tank, make sure you have a portable version.

### The perfect bag

Think small and portable. A backpack is ideal, but a lightweight suitcase with wheels will also do. Just remember, you may literally be running with it.

### Paperwork

Fill a zip-top waterproof bag with photocopies of your birth certificate; driver's license; Social Security and Medicare cards; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards.

### Food and drink

Bottled water is essential. Granola or energy bars are great because they are small and filling, and they come in a variety of flavors.

### Cash

In addition to enough money for a few days, include small bills and a roll of quarters. If you need to buy something out of a vending machine, you don't want to start asking equally desperate strangers for change.