

Example of a Go Bag—This go-bag was demonstrated by Frank Davie; look around for other examples and then make a bag tailored to your needs.

Food:

Emergency Food Ration bars, 9 bars 3600 calories, 4 protein bars 570 calories

Water: 3 24 oz bottles—not enough grab a water cube

Life Straw, personal water filter

Water purification tablets

Clothing—one change under and outer clothing. (no coat or extra shoes)

Personal items—toothbrush, toothpaste, comb (or small brush) Kleenex, Toilet Paper, bar soap, wet wipes, chap stick, cash (about \$40 bills and coins)

First Aid:

Band-Aids

Antibiotic cream

Superglue

clippers

Extra band aids

Tylenol

Off wipes

Moleskin for blisters

Wrap for sprains

Survival equipment:

Emergency contact numbers and addresses

Small notebook & pen/pencil

Jump drive with important paperwork, vital records

Solar cell phone charger

Emergency blanket

Rain poncho

Paracord

Duct tape

Foldable shovel

Foldable saw

Flashlight

Compass

Strike anywhere matches

Magnesium bar

Knife or multitool

Emergency whistle

Pocket emergency guide

Money

Small survival radio/flashlight

Emergency light sticks