

Go-bag checklist

- ☐ Water: Water bottles or bladder (2–3 L per person carried)
- ☐ Water: Water filter or purifier
- ☐ Water: Purification tablets (backup)
- ☐ Water: Collapsible water container
- ☐ Food: High-calorie, no-cook food (see calorie total)
- ☐ Food: Small stove, fuel and pot (optional)
- ☐ Food: Spoon, cup, can opener
- ☐ Shelter and warmth: Tarp or lightweight tent
- ☐ Shelter and warmth: Emergency (mylar) blankets
- ☐ Shelter and warmth: Sleeping bag or quilt rated for your climate
- ☐ Shelter and warmth: Hand warmers (cold)
- ☐ Shelter and warmth: Sleeping pad (cold)
- ☐ Clothing: Rain jacket or poncho
- ☐ Clothing: Warm insulating layer
- ☐ Clothing: Spare socks and underwear
- ☐ Clothing: Sturdy shoes or boots
- ☐ Clothing: Hat and gloves (cold)
- ☐ Clothing: Thermal base layers (cold)
- ☐ Clothing: Sun hat and sunglasses (hot)
- ☐ Clothing: Sunscreen (hot)
- ☐ First aid and health: First aid kit
- ☐ First aid and health: Prescription medicines (7-day supply)
- ☐ First aid and health: Copies of prescriptions and medical info
- ☐ First aid and health: Pain relievers, allergy tablets, anti-diarrhoea
- ☐ First aid and health: Spare glasses or contact lenses
- ☐ First aid and health: Masks (N95 or similar)
- ☐ First aid and health: Electrolyte packets (hot)
- ☐ Tools and light: Headlamp or torch with spare batteries
- ☐ Tools and light: Multi-tool or knife
- ☐ Tools and light: Two ways to make fire (lighter, waterproof matches)
- ☐ Tools and light: Duct tape and cordage (paracord)
- ☐ Tools and light: Whistle
- ☐ Tools and light: Work gloves
- ☐ Navigation and communication: Paper maps of your area and evacuation routes

- ☐

No