

EMERGENCY "GO BAG" Checklist (Leave in bag)

1. STARTER KIT

- bag
- whistle
- plastic bottle of water
- space blanket
- tissues
- latex gloves
- pen and paper
- duct tape
- Eton FRX2 radio (KCBS 740, KGO 810, KQED 88.5)
- first aid kit/supplies
- wipes
- window help sign
- hand sanitizer/soap
- toothbrush/toothpaste
- work gloves
- kit location: _____

2. EMERGENCY INFORMATION FORM

- current medical history
- conditions
- primary hospital
- health insurance
- meds/prescriptions
- primary doctor
- emergency/neighborhood contacts
- pharmacy

3. CLOTHING

- sturdy shoes
- socks
- gloves
- warm hat

4. OTHER

- cash (\$20-200)
- snack (energy bar)
- eyeglasses/contacts
- multi-tool (leatherman)
- house keys
- checks
- medical equipment
- hearing aids + batteries
- personal flashlight + batteries

5. PETS

- food
- meds
- leash
- ID
- collar
- Vet ID

6. DOCUMENT COPIES (can take picture and store on flash drive)

- emergency info form
- health insurance card
- marriage license or other desired documents
- driver's license
- home/vehicle insurance
- passport

7. TENS (Telephone Emergency Notification System)

- sign up www.alertmarin.org

OTHER ITEMS FOR "STAY IN PLACE"

1. WATER

- minimum one gallon/day/person for 5 days (appropriate size container)

2. FOOD (dated, low sodium, requires little water, palatable)

- canned fruit, vegetable
- dried fruits
- crackers (low sodium)
- granola bars (fat free)
- peanut butter
- powdered milk
- baby food
- canned meat, stews, pasta
- dry cereal
- canned tuna
- canned nuts (unsalted)
- fruit, vegetable juices
- bottled soft drinks
- food for special diets

3. OTHER HOUSEHOLD ITEMS

- blanket
- paper towels
- broom, dust pan
- scissors
- plastic garbage bags
- alternative cooking source
- pure bleach, eye dropper (for clear water 6-8 drops/gal for 30 min.)
- warm clothes
- manual can opener
- extra batteries
- paper/plastic plates, cups, utensils
- twist ties
- fire extinguisher: A-B-C type