

EMERGENCY PREPAREDNESS GO BAGS

Purpose: Contain important documents, supplies and emergency gear in one place for easy access and a rapid exit from the premises.

Think of Go Bags as 2 types –

Medical – such as power outage or hospitalization

Evacuation – such as fire

Most items should “live” in the Go Bag

Items will be needed that can't be kept in the Go Bag, (e.g. Mouth guard, glasses), should be on a list in your Bag so they won't be forgotten

Contents of the Medical Go Bag:

“DON'T FORGET CARD” -A list of things to add to the bag before you leave --

Such as Glasses, dentures, clothes

Documents:

DCV Emergency Contact names and numbers

DCV Health Information Sheet (include information on location of Health Care Power of Attorney (HC POA) and Living Will

Copies of HC POA and Living Will

Medical and Surgical history if available

Copy of a government ID:

Driver's License, passport, Other _____

Social Security Card

Medicare Card

Insurance Cards

A week supply of medication

Pain Medication (e.g. Aspirin, Tylenol)

Cell Phone

Phone Charger

“Comfort things” (maybe warm socks, religious items, ear plugs, eye shades, travel size toiletries, etc.)

Small amount of money

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Contents of Evacuation Go Bag:

Your Medical Go Bag **PLUS**

Bottled water

Flash light

Batteries

Whistle

Duct Tape

Scissors

Garbage bags for sanitation purposes

Can opener

Mylar Blanket or tarp

Face Mask (for dust)

Money – in small bills

Credit Cards – (more than 1 if you have them)

Comfortable closed toe shoes to walk in

Entertainment – Consider a book, puzzle, iPad, Kindle, cards

Chargers

Head Phones

Ear plugs

Face/Eye mask (for sleep)

Maps/Phone numbers of safe destinations

Light Weight Foods

Pet Supplies /Food

In the Car:

Gas tank always at least ½ full

Warm clothes

Emergency car supplies

Blankets

Tire inflating propellant

Plugs to charge cell phone and computer in auto lighter