

Go-Bag, Bug-Out-Bag, GOOD-Bag

Whatever you call it, it is a portable kit that contains what you need to survive for at least 72 hours. (GOOD is “Get Out Of Dodge”)

A Go-Bag will allow you to evacuate quickly if a disaster should strike.

In addition to allowing you to survive a disaster evacuation, a Go-Bag may also be used when sheltering in place as a response to emergencies such as fires, power failures, and other severe natural disasters.

You should have a Go-Bag for each member of your household and one for your pets.

Keep your Go-Bag where it is easy to reach when you have to leave in a hurry. Garage, hall closet, in your car, etc.

What goes into a Go-Bag? Clothes, shoes, medicine, copies of vital papers, eyeglasses, everything that you need for 3 days or maybe longer. You may be in a shelter, motel, tent, with friends, etc. See the next pages for suggestions.

Water is a must, but food is not so important. Energy bars are a good item, but they have to be kept fresh.

Keep your electronics (cell phone, tablet, laptop, etc.) plugged in but all together and ready to grab and go (including chargers and cables).

If you live near a chemical plant, also have a Safe Room Kit that includes pre-cut plastic sheets to cover all windows, door and vents. A suggested saferoom is a bedroom with an attached bathroom. Turn off any central HVAC. Have 2” wide tape to seal the plastic to the walls so no outside air can enter. Have an AM radio available to listen to reports.

The Survival Rule of 3’s is: 3 minutes without air, 3 hours without shelter from extreme temperatures, 3 days without water and 3 weeks without food.

Go-Bag Contents

Everyday Carry (EDC) items are not in your Go-Bag but are carried in a pocket or purse everyday:

- Cell phone
- ID
- Cash
- Pocket knife
- Pen
- Mini LED light

Everyone's Go-Bag will be slightly different. This is a sample list for a suburban resident:

- Nylon bag
- Weather appropriate clothing (it may get cold at night even in the summer)
 - Pants
 - Jacket
 - Socks / shoes (closed toe)
 - Shirt
 - Underwear
 - Gloves, scarf, hat, etc.
- Special concerns for children, elderly, pets, people with access and functional needs
- Enough medicine to last a week and copies of your prescriptions
- A first aid kit including medicine for indigestion, nausea, and diarrhea
- Extra eyeglasses, sunglasses, and hearing aid batteries
- Positive identification, such as driver's license, state I.D. card, COVID vaccination record, plus any medical ID cards. Those with allergies, etc. should have a **MedicAlert** or similar ID.
- Duplicate keys for everything
- Cash (plenty of small bills, \$1, \$5, \$20) and change. Enough for at least 3 full tanks of gas.
- A disaster plan including location of family rallying points, evacuation routes, etc.
- Thumb-drive or cloud storage containing images for all family members of:
 - Birth Certificate
 - Passport
 - Home title and mortgage papers
 - Vehicle title
 - Insurance documents
 - Medical records including pets

- Wills
- Contact list
- Lists of investments, banks, and credit cards with account #'s, phone #'s, etc.
- See the worksheets on pages 9 and 10 of the “Lamorinda Resident’s Guide to Wildfire Preparedness & Evacuation”
- Battery or crank-operated radio w/extra batteries, AM/FM, FRS/GMRS, HAM
- Emergency foil blankets
- Leather gloves
- Personal Protective Equipment (PPEs) including latex gloves and N95 masks
- Lighting (battery or crank operated LED flashlight, glow sticks)
- Fixed-blade or folding knife
- Multi-tool, like a Leatherman
- Duct tape
- Rope or 550 paracord
- Emergency whistle
- Water purification tablets
- Toilet paper (part roll)
- Zip-lock bags – gallon size for sanitation
- Notebook and pen (Fisher Space Pen recommended)
- Water – small bottles for 3 days
- Food – energy bars or similar, nuts, juice, etc.

Rotate your food, water, medicine, batteries, first aid supplies (especially anything with adhesive), duct tape, and any anything else with an expiration date every six months.