



FAACT's Disaster Resource Center

GO-BAG LIST

A **Go-Bag** has the items your family will need if you have to leave home quickly during an emergency. Include supplies to last for you and your family for up to 72 hours and consider choosing travel size items to make your bag lighter. The bag itself can be a backpack, duffel bag, or any other bag that is easy to grab and closes securely so none of the items can fall out during transport. You may want to consider a bag that is brightly colored so that it is easy to recognize in a disaster/emergency.

Following is a list of items to consider packing in your family's **Go-Bag**:

- 1. Water:** At least one gallon of water per person, per day, for drinking and sanitation purposes.
- 2. Allergy-safe, non-perishable food:** Choose items that are easy to prepare and don't require cooking or refrigeration, such as canned goods, energy bars, and dried fruits. Make sure all items are *clearly labeled* and *safe* for any food-allergic family members. Avoid new foods; include items from a trusted manufacturer that have been in your family's regular meal rotation.
- 3. Emergency Plan and Kit:** Each family member with food allergies should have a personalized emergency plan that includes an Emergency Contact List, Emergency Health and Allergy Profile, and Allergy & Anaphylaxis Emergency Plan. Consider laminating these documents so they can endure water exposure or long-term wear.
- 4. Prescription medications:** Be sure that you have an ample supply of [prescription medications](#) for every family member. Consult with your board-certified allergist to ensure you have shelf-stable antihistamines, epinephrine, and other medications that may be necessary for managing your food-allergic family member's needs.
- 5. First aid kit:** Include a basic first aid kit with bandages, antiseptic wipes, adhesive tape, pain relievers, tweezers, scissors, and any prescription medications family members may need. Consider adding N95 masks if you live in an area prone to wildfires.
- 6. Important documents and photos:** Keep copies of important documents—such as identification, insurance policies, medical records, and emergency contact information—in a waterproof container or bag. Include passports, birth certificates, and photos of family members in case you need to prove your identity or reunite with loved ones. Food allergy action plans and emergency contacts can also be laminated to help reduce wear-and-tear and water exposure.
- 7. Manual can opener:** To open canned food items if the electricity is out.
- 8. Flashlights and extra batteries:** Make sure you have at least one reliable flashlight with extra batteries.
- 9. Multi-tool or utility knife:** A versatile tool can come in handy for various tasks during an emergency.
- 10. Whistle:** Include a whistle to signal for help in case you become lost or trapped.

GO-BAG LIST (page 2)

- 11. Personal hygiene items:** Pack items such as soap, hand sanitizer, toothbrushes, toothpaste, feminine hygiene products, eyewear or contacts with cleaning/storage solution, and any other personal items your family may need. Be sure to **check all items for allergens** and **label** those for any food-allergic family members.
- 12. Eating utensils:** Include disposable plates, cups, and utensils.
- 13. Cash:** Include cash in small denominations. ATMs and credit card machines may not be accessible during emergencies.
- 14. Clothing and blankets:** For each family member, pack a change of clothes, sturdy shoes, and an emergency blanket to keep warm. Consider the climate and include undergarments, which may be hard to find if you have to evacuate to an unknown area.
- 15. Local maps:** To help you navigate if you need to evacuate or find alternative routes and online apps are not available.
- 16. Emergency shelter:** Consider including a lightweight tent, tarp, or emergency blanket for shelter if you need to evacuate to an area without adequate shelter.
- 17. Emergency communication device:** Include a fully charged cellphone with a portable charger or a hand-crank emergency radio to stay informed about emergency alerts and updates. Subscribe to your local disaster information resource centers to get up-to-date information.
- 18. Pet supplies:** If you have pets, include food, water, medications, and other supplies they may need. Check ingredients to ensure that there are no allergens present that may affect your food-allergic family members.
- 19. Important keys:** Keep spare keys for your home, vehicles, and any other important locks in your Go-Bag.
- 20. Comfort items:** Consider including small comfort items, such as a favorite stuffed animal, to provide emotional support during stressful times.

Check and update your Go-Bag annually to ensure no items have expired. Consider your family's specific needs and geographic location when packing and storing your Go-Bag.

For assistance with **Go-Bag lists** in additional languages, visit the following sites:

- The Federal Emergency Management Agency (FEMA), a federal government agency, created a website called Ready.gov with numerous resources for emergency preparedness, including checklists for building emergency kits and Go-Bags in 12 languages. Visit the Ready.gov [Build A Kit webpage](#).
- The Red Cross is another trusted resource that offers guidance on emergency kits and Go-Bags. Visit The Red Cross [Emergency Survival Kit](#) webpage for more information.

Don't forget to supplement these lists with **safe foods** and **specific labeling** for your food allergic family members.