

Harrison County Health Department (HCHD)

- Emergency Go Bag Recommendations

Creating Personal Disaster Preparedness Go Bag Checklist

1. Water & Food

- Water: Aim for at least one gallon per person per day for several days, for drinking and sanitation.
- Purification: Include water purification tablets or a portable filter like the “Sawyer Mini.” [MINI | Sawyer Products](#)
- Food: Pack non-perishable, easy-to-prepare items such as granola bars, peanut butter, and canned goods.

2. Medical Supplies

- First Aid Kit: Include bandages, antiseptics, tweezers, and over-the-counter medications.
- Prescriptions: Bring a 7-day supply of necessary medications and copies of prescriptions.
- Personal Health Items: Include eyeglasses, contact lens solution, hearing aids with extra batteries, CPAP machines, and monitors for diabetes, blood pressure, heart, etc. and other personal devices.

3. Personal Hygiene

- Sanitation: Pack of moist towelettes, hand sanitizer, toothbrush, toothpaste, feminine hygiene products, and garbage bags.
- Clothing: Include a change of clothes, sturdy shoes, and weather-appropriate gear like rain ponchos.
- Disposable 3-ply face masks.

4. Tools & Safety Items

- Lighting: Flashlight with extra batteries or a hand-crank flashlight.
- Multi-purpose Tool: A “Swiss Army” type knife or similar tool. Perhaps add a small screwdriver and hammer.
- Communication: Battery-powered or hand-crank radio with NOAA Weather Radio tone alert.

- Protection: Dust masks (similar to above), plastic sheeting, and duct tape for sheltering in place.

5. Documents & Communication

- Identification: Copies of personal documents (e.g., passports, driver's licenses, birth certificates).
- Financial: Cash in small denominations and copies of insurance policies.
- Contacts: Emergency contact information and a local map.

6. Electronics

- Cell Phone / Tablets: With chargers, backup battery or power bank.
- Communication Devices: Two-way radios or a whistle to signal for help.
- General assortment of batteries for all equipment.

7. Miscellaneous

- Comfort Items: Blankets, sleeping bags, stuffed animals, books, games, or other activities for children.
- Pet Supplies: Food, water, leash, and carrier for pets.
- Extra Keys: Spare set of car and house keys.

Tips for Maintaining Your Go Bag

- Regular Updates: Check and update your Go Bag every six months to replace expired items and adjust for seasonal needs.
- Accessibility: Store your Go Bag in an easily accessible location known to all family members.
- Personalization: Tailor the contents to fit the specific needs of your family, including infants, elderly members, or individuals with special needs.

**Similar Go Bags are available for purchase
in stores or on the Internet.**