

GO-Bag Contents: List of Supplies by Topic / Category

I. GO-Bag Food and Water

Prior to use, water should be stored *with* the bag but *not inside* it. If possible, drinking water needs to be poured into the water containers that are in the bag, before evacuating. Replace stored water, quarterly.

II. GO-Bag Emergency Shelter

- SOL Emergency Bivvy** (AdventureMedicalKits.com) or similar, or a
- Plastic Tube Tent, or 2 large heavy-duty trash bags; and a
- Thermal Blanket

III. GO-Bag Medical / Dental Supplies

- Trauma Kit**
- Medicines Kit** (Prescription and other)
- Main Medical Kit**
For specifics on these three medical kits, see Chapter-19.
- Dental Kit**, including repair kit for crowns, and care for broken teeth with exposed roots. For details on this kit, see Chapter-20.

IV. GO-Bag Communications Gear

For details on communication, see Chapter-7 and Appendix-D

- Radio Receiver** AM/FM/NOAA Weather channels
- Walkie Talkies** – 2-Way Radio (See Chapter-7 on radios)
- Extra Batteries** – Pack in plastic, not metal. Protect the positive terminal (+ end).

- Ballpoint Pen** (Write-anywhere “*Space*” pen)
- Indelible Marker Pen** – Black Ink (*Sharpie*)
- Notepad** (Ideally, waterproof paper, *Rite-in-the-Rain Outdoor Journal*)
- Flagging Tape** (aka/ ‘Survey Tape’ or ‘Contractor Ribbon,’ this is bright-color plastic ribbon.) Include a short roll in your GO-Bag to mark important locations, caches of supplies, routes for others to follow, and to communicate where to find messages.

V. Signaling Items

- Signal Mirror** – Small, lightweight.
- Whistle** on Lanyard
- Chemical Light** (*Cyalume Light Stick*); not dependent on batteries and safe in flammable environments, these chemical lights can be hung from a branch, or even used under water. Yellow and green light-sticks are the best colors for communication purposes.

VI. GO-Bag Navigation (Keep these items together.) For details, see Ch-5: Maps, Routes, and Navigation.

- Maps: Local** Street Map (Put maps in *Hefty Slider* plastic bag.)
- Maps: High-detail** topographic, such as the 7.5-minute, 1:24,000 quadrangle available from USGS.gov, or MyTopo.com
- Compass** (Specifications in chapter-5)

- Map Aid** - Universal Transverse Mercator or Military Protractor (GTA 5-2-12) [optional item, but recommended]

VII. Flashlights / Emergency Lighting

For more details, see Chapter-21.

- LED Flashlight and/or Krypton-bulb Flashlight**
If you are concerned with threats such as solar storms and EMP situations, include a conventional flashlight which uses a Krypton bulb rather than a LED, and make sure it does not utilize any electronic circuitry. Hint: If the flashlight has high-low settings, or can be switched to flash-mode, it has circuitry which may be damaged by an EMP. Note: Alkaline batteries will likely be unaffected, but high-tech batteries and chargers may cease to work after being subjected to an EMP or solar flare. For more on these threats, see Chapter-1 and Appendix-C. For more on flashlights, see Chapter-21.
- LED Headlamp**, adjustable brightness to extend battery life.
- Micro Flashlight** (attach to zipper-pull on knapsack)
- Lithium-Ion Batteries**, 2-sets for each electronic device (Select flashlights and electronic devices which use the same type battery (i.e. AA or AAA batteries). Optional Addition: Small solar panel and charger, and Lithium-Ion or Ni-MH rechargeable batteries.
- ChemLights** (2) – white or yellow. Nonflammable chemical-powered disposable lights (*Cyalume Light Sticks*)

VIII. Hygiene

- Soap** – A sliver of antibacterial bar soap, such as Dial in a plastic Ziplock bag. Or, a small 2 oz plastic bottle of Chlorohexidine Gluconate 4%, the medical soap that is in your first aid kit. Soaps is needed for washing hands, bathing, cleaning cooking utensils, water purification equipment, etc.
- Toilet Paper** – small quantity, or toilet tissue packet made for backpackers.
- Hand Sanitizer** – 1-oz
- Hand Lotion** – 1 oz (travel size)
- Chapstick**
- Toothbrush & Paste** – Small, travel size
- Towel** – Small microfiber or quick-dry.
- Toenail Clippers** – lightweight model
- Tweezers & Sewing Needle** – Sliver removal and repairs.
- Sports Socks**, or hiking sox. (Always wear dry socks to help prevent blisters.)
- Underwear**, style which extends below crotch, to reduce leg chafing
- Sports Bra** [women] (optional)
- Feminine Urinary Director**, *Freshette* or *GO Girl* (optional)
- Menstruation / sanitary products** (optional)
- Comb** (optional)

- Plastic Bowl** (optional) – If you used a *Rubbermaid Lock-its* container or equivalent for inexpensive waterproof storage of electronics, it can double as a wash basin. Your signal mirror (Section-V) can be used for hygiene uses.

IX. Miscellaneous - *Essential Items*

- Maps & Routing Plan** – Also in Section-VI (Details in Chapter-5)
- Plan Summary** - Evacuation details; explained in Chapter-8.
- Contents List** - Keep this list that itemizes the contents of your GO-Bag, as the first thing seen when the bag is opened. Instructions on how to use various items, such as radios, should be packaged with the product. Cut-down packaging to save space.
* The above items should be kept in a large, clear, *Hefly Slider* plastic bags or equivalent, to reduce wear and avoid rain/water damage.
- Pocket Knife**, Stainless Steel – Victorinox ‘Swiss Army’ pocketknife, ‘*Explorer*’ model or Leatherman Multitool.
- Scarf or Shemagh** - Multipurpose face protection, works also as a bandage, towel, sweatband, etc.) – 1) Color: earth tone; 2) Large Handkerchief, cotton, bright color, can be used for signaling.
- Work Gloves** – Leather, heavy duty.

- 550 Paracord or 750 Paracord** (or Para-Max cord]–100 ft (30m). Military-grade braided nylon cord, Paracord 550 has a break strength of 550 lbs; 750 Paracord has a break strength of 750, and Para-Max 1,200 lbs. If your body weight is 125+ lbs. (86 kg), we recommend using 750 Paracord or Para-Max in case you use it for descending. (For important details, see the ‘Primer on Rope and Paracord’ section, found later in this chapter.)
- Duct Tape** – 10 ft. roll.
- Aluminum Foil** –2 sq ft (0.2 m²) Many uses such as distillation of water, direct heat or shield food when cooking, reflect light/fire.
- Super Glue** (several small tubes; useful for repairs, and also to seal cuts and minor wounds).
- Insect Protection, Head-net**
- Insect Repellent** – 90+% DEET (liquid, not aerosol) - Sawyer *Jungle Juice*’ 2 oz, pump spray, or equivalent.
- Sunglasses** which double as eye protection. Select glasses imprinted with Z87+ on the temple. This indicates compliance with ANSI Z87.1 federal safety standards, or better yet, find glasses which comply with the U.S. military standard, MIL-PRF-31013.
- Firestarter** - 2 cigarette lighters, plus flint/magnesium fire starter.
- Spare Prescription Eyeglasses and Reading Glasses** (if needed).

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- Compact Binoculars** - 10-20 magnification power, w/neck strap
- Cash** – Since credit cards and debit cards cannot be used without electricity, it is prudent to keep some paper money and coins in your GO-Bag. Small denomination bills are best since vendors may not have the ability to make change. The quantity of physical cash needed will vary according to your circumstances and your financial ability. Regardless, everyone should have some paper money and a few coins in case you find a working (mechanical) vending machine or pay phone. Use a money belt for valuables.

Paper money in denominations of \$5 and \$10 should be your largest denomination bills unless you want to be able to make a major purchase, such as a vehicle or to buy a ride. For routine transactions, gold, silver, and other precious metals will probably be of little-to-no value during the first weeks after the onset of a disaster. Keep in mind, too, that barter transactions may be more viable when trying to purchase something from an individual, as they will tend to undervalue your precious metals.

- Firearm, 50+ rounds of Ammunition, and at least 2 spare magazines. Plus, Pepper Spray.** (See Chapters 16-17.)

Total weight for the GO-Bag we assembled, which contained all of these items, was 21-lbs (9 kg) including the knapsack. After adding the 1-gallon of water stored with the bag, the weight jumped up to nearly 30-lbs (13.6 kg), which is the maximum recommended GO-Bag weight for a healthy adult.

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- Data Storage Device(s)** – Scan and store copies of critical and important documents, including your driver’s license, passport, vehicle and medical insurance cards, medicine prescriptions, bank records, and relevant ownership documents (deeds, titles, etc). These personal records must be encrypted, and stored on a USB drive or micro-SD card. PDF reference documents should not be encrypted. (Details in Chapter 23)
- Photocopy of Identification and Reference Docs** – Photocopy your driver’s license, passport, vehicle and medical insurance cards, and business access cards, and keep this paper copy in your GO-Bag. Include anything for which you might need a paper backup, but not those items which would breach your personal security. Protect paper in a Hefty Slider plastic bag or equivalent.
- Holy Bible**–New Testament with Psalms & Proverbs. This is a valuable addition even for non-religious people. Select an actual translation of the Bible, not a paraphrase. Popular translations include the *New King James Version*, the *New Living Translation* (easy-to-read English), or the *New American Standard Version* or *English Standard Version*, both known for their phrase-by-phrase accuracy. Store your Bible in a waterproof pouch (best), or a *Hefty Slider* plastic bag or equivalent).

X. Miscellaneous – *Optional Items*

These additional items may not fit inside your GO-Bag, so only add what seems essential for you and your situation.

- Mobile Phone Chargers (3)**, battery powered, plus car charger, and plug-in charger. And/or, battery pack.
- Collapsible Limb-Cutting Saw**, 7-in stainless steel blade. Found in gardening stores, the use here is to cut limbs for firewood or boughs to make a shelter. Include a blade for cutting metal.
- Machete – 15-inch blade** (optional) – check local laws
- Pry Bar – 15-inch** (optional)
- Fence-Wire Cutters or Bolt-Cutters** (optional)
- Spare Keys** (optional)
- Underwear & Socks** If underwear or socks become wet it will cause chaffing, which can distract from dangers and make travel more laborious. Wet socks will cause foot blisters.
- Candle** (ex. UCO 9-hr lantern candle or 4-hr tealight candle)
- _____
- _____
- _____
- _____

Note: Your GO-Bag is incomplete without an evacuation plan, and pre-selected place to go. Even if you plan to use your GO-bag to shelter-in-place, arrange in advance, for a safehaven location in case it is needed. Your home location may become unsafe. Make alternate plans.