

UConn 4-H Healthy Living Go-Bag Go! Checklist



Be Prepared for Emergencies!

Go-Bags contain at least 3 days of emergency supplies if you had to leave your home temporarily. This might happen due to severe weather or an evacuation order by a trusted public official. Preparing for an emergency will make you feel more confident and calm. You'll have everything you need ready to go!

Here is a list of items to include in your Go-Bag. Some of these items can be packed right now, and some may need to be packed right before you need to leave. Make a note next to items that need to be included the day of an evacuation so you remember to grab them.

- Nonperishable food & water for 3 days
 - Manual can opener (for food)
 - Flashlight with extra batteries
 - Whistle
 - ID (Identification)
 - List of medications
 - Medical card
 - First Aid kit
 - Money
 - Cellphone, charger, & cord
 - Paper & pencil/pen
 - Medical equipment & assistive devices
 - Clothing for 3 days
 - 3 shirts
 - 3 pants/shorts/skirts
 - 3 pairs of socks
 - 3 pairs of underwear
 - Athletic shoes & waterproof boots
 - Raincoat or winter coat
 - Hat & gloves
 - Toothbrush & paste
 - Hairbrush & comb
 - Shampoo & conditioner
 - Soap & facecloth
 - Razor & shaving cream
 - Toilet paper & bath towel
 - Contact lens, case & cleaner
 - 3 masks
 - Hand wipes
 - Deodorant
 - Sleeping bag, pillow, & blanket
 - Infant formula, diapers, & wipes
 - Books, games, puzzles, cards, toys
- Additional Items:
- _____
 - _____
 - _____
 - _____
 - _____