



Emergency Preparedness

UConn 4-H

Background

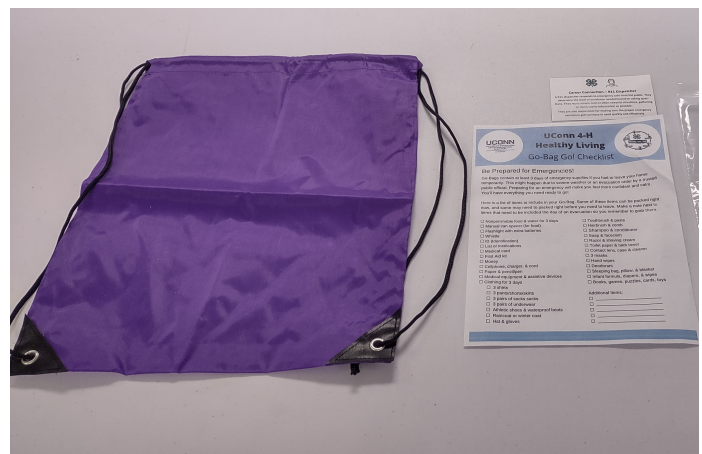
We can respond better in emergency situations if we are prepared. Knowing what to do and having the right materials can help us to feel less nervous during an emergency, such as an extreme weather event. One way that we can prepare for emergencies is to create a go-bag. A go-bag is a collection of personal items that you would need to take with you if you had to leave your home to get to a safer location, like the home of a trusted friend or family member. Take a look at the [UConn Extension Go-Bag Checklist](#) for examples of items you should include in your go-bag. You should also talk to a trusted adult to make a preparedness plan that you can follow in the event of an emergency.

Supplies and Tools

Go-bag (drawstring, tote, or other bag)

Items you would need during an emergency or evacuation. See UConn Extension's [Go-Bag Go! Checklist](#) for ideas

Notepad or paper with a list of items you would need to pack day-of



Activity Steps

Notes

Visuals

1. Find a bag to use as your go-bag.



2. Using the [UConn Extension Go-Bag Checklist](#), pack your bag with materials you would need if you had to evacuate your home. Make a list of items that you would need to pack the day of an evacuation.



3. Work with members of your household to develop a preparedness plan. Use resources from [ready.gov](#) to help you.



If you enjoyed this project, visit [4-h.extension.uconn.edu](#) to learn more about UConn 4-H. Check out the [UConn 4-H New London County](#) webpage to view the video associated with this activity.

UConn complies with all applicable federal and state laws regarding non-discrimination, equal opportunity, affirmative action, and providing reasonable accommodations for persons with disabilities. Contact: Office of Institutional Equity; (860) 486-2943; equity@uconn.edu; <http://www.equity.uconn.edu>.