

# UConn 4-H Healthy Living



## Go-Bag Go! Checklist

### Be Prepared for Emergencies!

Go-Bags contain at least 7 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 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.

- $\square$  Nonperishable food & water for 7 days
- □ Manual can opener (for food)
- □ Flashlight with extra batteries
- □ ID (Identification)
- List of medications
- $\Box$  Medical card
- □ Medical equipment & assistive devices,
- including a cooler with a thermometer for
- storing refrigerated medicine
- First Aid kit
- $\square \ Money$
- $\square$  Cellphone, charger, & cord
- $\Box$  Clothing for 7 days
  - □ 7 shirts
  - □ 7 pants/shorts/skirts
  - □ 7 pairs of socks
  - $\square$  7 pairs of underwear
  - □ Athletic shoes & waterproof boots
  - $\hfill\square$  Raincoat or winter coat
  - Hat & gloves

- □ Whistle
- □ Paper & pencil/pen
- □ Toothbrush & paste
- $\Box$  Hairbrush & comb
- □ Shampoo & conditioner
- $\square$  Soap & facecloth
- $\hfill\square$  Razor & shaving cream
- □ Toilet paper & bath towel
- □ Contact lens, case & cleaner
- □ 7 masks
- $\hfill\square$  Hand wipes
- $\square$  Deodorant
- $\hfill\square$  Sleeping bag, pillow, & blanket
- $\hfill\square$  Infant formula, diapers, & wipes
- $\square$  Books, games, puzzles, cards, toys

#### Additional Items:

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## UConn 4-H Healthy Living



## Go-Bag Go! Animal Checklist

### Pet and Farm Animal Preparedness

When we have to evacuate during an emergency or during severe weather, we must also consider pets and livestock. Packing a Go-Bag for our furry and barnyard friends can be important in keeping them safe and healthy during an emergency.

#### Building a Go-Bag for a Pet: Items to Include

- $\hfill\square$  Water & pet food for 7 days
- $\square$  Bowls for water & food
- $\hfill\square$  Collar with identification tags
- $\Box$  Crate, harness, leash, pet pads
- Litter & litter box
- □ Garbage bags & dog waste bags
- □ Medicine

- □ Current vaccination records & rabies certificate
- $\hfill\square$  Your veterinarian's contact information
- Cleaning wipes
- $\hfill\square$  Microchip ID number

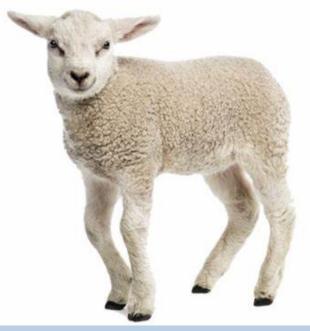
- □ Toys
- \_\_\_\_\_



### Building a Go-Bag for a Farm Animal: Items to Include

- $\hfill\square$  Water, hay, & grain for at least 7 days
- $\hfill\square$  Buckets for food & water
- □ Halters & lead ropes
- Panels/pens & tarps
- □ Bedding (straw, shavings, etc.)
- Towels

- $\hfill\square$  Electrolytes and probiotics
- □ Medicine & livestock first aid kit
- Recent vaccination & identification records
  Note: permanent ID like RFID is best
- □ Your veterinarian's contact information
- □



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