



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 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.

- | | |
|--|--|
| <ul style="list-style-type: none"><input type="checkbox"/> Nonperishable food & water for 7 days<input type="checkbox"/> Manual can opener (for food)<input type="checkbox"/> Flashlight with extra batteries<input type="checkbox"/> ID (Identification)<input type="checkbox"/> List of medications<input type="checkbox"/> Medical card<input type="checkbox"/> Medical equipment & assistive devices, including a cooler with a thermometer for storing refrigerated medicine<input type="checkbox"/> First Aid kit<input type="checkbox"/> Money<input type="checkbox"/> Cellphone, charger, & cord<input type="checkbox"/> Clothing for 7 days<ul style="list-style-type: none"><input type="checkbox"/> 7 shirts<input type="checkbox"/> 7 pants/shorts/skirts<input type="checkbox"/> 7 pairs of socks<input type="checkbox"/> 7 pairs of underwear<input type="checkbox"/> Athletic shoes & waterproof boots<input type="checkbox"/> Raincoat or winter coat<input type="checkbox"/> Hat & gloves | <ul style="list-style-type: none"><input type="checkbox"/> Whistle<input type="checkbox"/> Paper & pencil/pen<input type="checkbox"/> Toothbrush & paste<input type="checkbox"/> Hairbrush & comb<input type="checkbox"/> Shampoo & conditioner<input type="checkbox"/> Soap & facecloth<input type="checkbox"/> Razor & shaving cream<input type="checkbox"/> Toilet paper & bath towel<input type="checkbox"/> Contact lens, case & cleaner<input type="checkbox"/> 7 masks<input type="checkbox"/> Hand wipes<input type="checkbox"/> Deodorant<input type="checkbox"/> Sleeping bag, pillow, & blanket<input type="checkbox"/> Infant formula, diapers, & wipes<input type="checkbox"/> Books, games, puzzles, cards, toys |
|--|--|

Additional Items:

- ☐ _____
- ☐ _____
- ☐ _____



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

- | | |
|--|---|
| <input type="checkbox"/> Water & pet food for 7 days | <input type="checkbox"/> Current vaccination records & rabies certificate |
| <input type="checkbox"/> Bowls for water & food | <input type="checkbox"/> Your veterinarian's contact information |
| <input type="checkbox"/> Collar with identification tags | <input type="checkbox"/> Cleaning wipes |
| <input type="checkbox"/> Crate, harness, leash, pet pads | <input type="checkbox"/> Microchip ID number |
| <input type="checkbox"/> Litter & litter box | <input type="checkbox"/> Toys |
| <input type="checkbox"/> Garbage bags & dog waste bags | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Medicine | <input type="checkbox"/> _____ |



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

- ☐ Water, hay, & grain for at least 7 days
- ☐ Buckets for food & water
- ☐ Halters & lead ropes
- ☐ Panels/pens & tarps
- ☐ Bedding (straw, shavings, etc.)
- ☐ Towels
- ☐ Electrolytes and probiotics
- ☐ Medicine & livestock first aid kit
- ☐ Recent vaccination & identification records

Note: permanent ID like RFID is best

- ☐ Your veterinarian's contact information
- ☐ _____
- ☐ _____

