

72-Hour Go-Bag

Civic Resilience

2025-09-22

Go-Bag Printable Checklist

Note: The following is not all-inclusive and must be tailored to each individual member of your household. Don't forget about your pets!

- ☐ Bag, preferably a backpack. If too heavy, consider duffel on wheels. Each person should be able to carry their own.
- ☐ 1 gallon of water per person, per day.
- ☐ Food for 3 days. Consider protein bars, instant oatmeal, dried fruit, nuts and seeds.
- ☐ Manual can opener.
- ☐ Utility Knife.
- ☐ Travel-size toiletries.
- ☐ First Aid Kit (see other pages for information).
- ☐ Change of clothing.
- ☐ Warm, waterproof layer.
- ☐ Eyeglasses / contact lenses and solution.
- ☐ Emergency Blanket.
- ☐ Scissors.
- ☐ Duct Tape.
- ☐ Work gloves.
- ☐ Matches.
- ☐ N95 Masks.
- ☐ Hand Sanitizer.
- ☐ Soap.
- ☐ Antibacterial Wipes.
- ☐ Thermometer.
- ☐ Prescription medications.
- ☐ Phone numbers for pharmacy and physicians.
- ☐ Specialized medical equipment (Glucose Monitor and supplies, CPAP, syringes, etc.).
- ☐ Phone chargers including portable phone power banks.
- ☐ Flashlight.
- ☐ Batteries

- ☐ Preload apps such as Red Cross app on your phone.
- ☐ Photocopies of passport, birth certificates, driver's license, SS / Medicare cards, marriage, adoption, naturalization certificates.
- ☐ Photocopies of title, lease, insurance paperwork.
- ☐ Credit and Debit cards.
- ☐ \$200 cash.

Store your go bag in an accessible location, such as a front hall closet or garage, where it's easy to grab on your way out the door.