



with Nicole Myers

Emergency Go Bag

Prepare for an eventual emergency by gathering the following and packing it into a Go Bag & in your vehicle. Be prepared to have to quickly evacuate after an earthquake, landslide, flash flood, coastal tsunami evacuation, &/or wildfire evacuation. This bag stays packed at all times, and stays near an exit or another important item, such as pet carrier. This may be the only thing you have time to grab, so plan accordingly.

Go Bag: Minimal 72-hour survival (a small back-pack)

- Copies of personal documents in water tight folder/bag (*color copies of IDs preferred*): medication list, pertinent medical information, immunization records, allergies list, proof of address, deed/lease to home, passports, birth/marriage/death certificates, social security card, driver's license, insurance policies, will & other legal documents, medical consent forms, contracts, deeds, stocks & bonds, bank account numbers, credit card account numbers and companies, important phone numbers, emergency contact numbers, doctor's name & contact information, important passwords (Apple ID, cloud back-up, smartphone)
- Inventory of valuable household goods (take videos of the property at least & store in the cloud)
- Photos of family members and pets for identification purposes
- Extra keys to your house and vehicle
- Emergency cash in small denominations
- Flashlight (headlamp preferred) + batteries
- Whistle
- Dust mask (N95 or surgical masks) + hand sanitizer
- Sanitation items (toilet paper, plastic bags, tampons)
- Sturdy shoes + warm socks
- Warm clothes (clothes that fit & you don't care about)
- Cell phone charger (solar if possible) + required cords

Car Kit: Stored in your vehicle

- Radio - battery operated or hand crank + batteries
- Rain gear/poncho + change of clothes + good walking shoes & socks + hat
- Water (you will need 3 gallons per person for 3 days, minimum)
- Food (3 days non-perishable)
- First aid supplies
- Emergency blanket (lightweight)
- Paper map(s) of the area (cell towers may be non-operational)

Top 5-10 List (attach this to the bag):

- A short list of 5-10 things you want to grab, if you have time, the location of each item & a description of the item if necessary. Consider that a housemate or caretaker may be trying to gather these things for you...so create the list for them rather than you. Organize by location of items, so that the gatherer is moving quickly and in a single direction towards safety.
- A small "packable" bag to gather these items, stored with the list

After an Earthquake or other disaster that damages a building:

- Turn off gas to house/property (if signs of gas leak)
- Turn off electricity (if signs of sparks)
- Check on everyone
- Turn off water (if signs of leaks)
- Survey property for any secondary hazards