MakeMyHomeMyFortress
Harden your home before you have to.

Go Bag Checklist

72 hours · one person

What a go bag is for: a bag you can grab in under a minute if you have to leave fast (wildfire, flood, gas leak, evacuation order) or if you are stuck away from home. It carries about 72 hours of basics for one person. Build one per adult; add what kids and pets need. Keep it by the door or in your car, and check it twice a year.

How to build it in 6 steps

1. **Pick the bag.** A 30–40 liter backpack that is comfortable to carry. Aim for a loaded weight of about 15–20% of your body weight or less. If you can't walk a mile with it, trim it.
2. **Start with the Big 4:** water, food, light, and a way to charge your phone.
3. **Add health and documents:** first aid, a week of your medications, glasses, copies of your IDs and insurance.
4. **Pack it in zip bags** by category (Water · Food · Health · Docs · Tools) and keep a copy of this list inside.
5. **Put a date on it.** Write the check date on the bag tag. Swap food, water, batteries and medications as they near expiration.
6. **Plan the route.** Pick two ways out of your area and a meeting spot. Keep a paper map; phones die and towers go down.

Water & Food

- ☐ Water: at least 1 liter in a sturdy bottle (more if you can carry it)
- ☐ Water filter or purification tablets (so you can make more)
- ☐ 3 days of ready-to-eat food: bars, nuts, jerky, trail mix, peanut butter packs (about 2,000 calories a day)
- ☐ Small spoon or spork, and a manual can opener if you pack cans

Light, Power & Communication

- ☐ Headlamp plus spare batteries
- ☐ Phone power bank (charged) and charging cables
- ☐ Battery or hand-crank radio with NOAA weather band
- ☐ Whistle (3 blasts = help)
- ☐ Written emergency contacts and an out-of-area contact (phones may die)

Health & Hygiene

- ☐ First aid kit (bandages, gauze, tape, antiseptic, gloves, pain reliever)
- ☐ 7-day supply of prescription medications and a written medication list
- ☐ Spare glasses or contacts
- ☐ N95 or similar masks (smoke, dust)
- ☐ Toothbrush, soap, hand sanitizer, wipes, toilet paper, feminine products, trash bags

Shelter & Clothing

- ☐ Emergency (mylar) blanket or bivvy
- ☐ Rain poncho
- ☐ Change of clothes, warm layer, 2 pairs of socks
- ☐ Sturdy shoes kept near the bag (don't pack them; wear them)
- ☐ Work gloves

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Tools & Fire

- ☐ Multi-tool or knife
- ☐ Duct tape and 50 ft of paracord
- ☐ Waterproof matches or lighters (2)
- ☐ Local paper map and a pen/notepad
- ☐ Cash in small bills ($100–200; ATMs and card readers may be down)

Documents (copies, in a waterproof pouch)

- ☐ Photo ID, insurance cards (home, auto, health), vehicle registration
- ☐ Proof of address, deed or lease, and a list of account numbers
- ☐ Medical info: allergies, conditions, blood type
- ☐ USB drive or encrypted backup of key documents and family photos

Family & Pet Add-ons (as needed)

- ☐ Kids: snacks, comfort item, small games, diapers/wipes, formula, a recent photo for ID
- ☐ Pets: food, collapsible bowl, leash, carrier, vaccination records, waste bags
- ☐ Elderly or special needs: spare hearing aid batteries, mobility aids, extra medication

Notes: This list follows common emergency-management guidance (such as Ready.gov and the Red Cross). Adjust for your climate, health and local hazards, and follow evacuation orders from local officials. Do not carry anything you aren't legally allowed or trained to use.