

Go Bag Checklist

Checklist · 30 items · 10 sections

A go bag (also called a 72-hour kit or bug-out bag) keeps you ready to evacuate quickly in any emergency. This checklist, based on FEMA guidelines, covers every essential: water, food, first aid, documents, communications, and more.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/go-bag-checklist>

WATER

- Water: 1 gallon per person per day for at least 3 days

HIGH

Store water in food-grade containers or buy commercial bottled water. Rotate every 6 months

- Water purification tablets or portable water filter

HIGH

FOOD

- At least 3-day supply of non-perishable food per person

HIGH

Choose ready-to-eat foods: canned goods, energy bars, dried fruit, nuts

- Manual can opener

HIGH

- Eating utensils (spork/spoon), plates, and cups

FIRST AID & MEDICAL

- First aid kit: bandages, antiseptic, gauze, tape, scissors, tweezers

HIGH

- 7-day supply of prescription medications in original containers

HIGH

- Over-the-counter medications: pain reliever, antidiarrheal, antacid

HIGH

- Copies of prescriptions and medical records in a waterproof bag

HIGH

COMMUNICATION & POWER

- Battery-powered or hand-crank NOAA weather radio
HIGH
- Flashlight with extra batteries
HIGH
- Portable phone charger/power bank (kept charged)
HIGH
- Whistle to signal for help
HIGH

DOCUMENTS

- Waterproof copies of important documents
HIGH
- Copies of ID, passport, and driver's license
HIGH
- Copies of insurance policies, bank account numbers, and contacts
HIGH
- Cash in small bills (ATMs and card machines may not work)
HIGH

CLOTHING & SHELTER

- Change of clothing per person: including sturdy shoes
HIGH
- Rain poncho or waterproof jacket
HIGH
- Thermal emergency blanket (mylar)
HIGH
- Sleeping bag or blanket per person

SAFETY & TOOLS

- Dust masks or N95 respirators to filter contaminated air
HIGH
- Plastic sheeting and duct tape for shelter-in-place
- Multi-tool or Swiss Army knife
HIGH
- Local road maps (paper: GPS may not work)

HYGIENE & SANITATION

- Moist towelettes, hand sanitizer, and garbage bags for sanitation

HIGH

- Feminine hygiene products if applicable

SPECIAL NEEDS

- Items for infants: formula, diapers, wipes, bottles

HIGH

- Pet food, water, and carrier for pets

HIGH

MAINTENANCE

- Review and update go bag contents every 6 months

HIGH