

Creating an emergency kit or “go bag” is one of the most valuable things you can do when preparing for an emergency. It’s next to impossible to predict if or when an emergency or disaster will strike. Some experts recommend making personalized kits for home, work, and a vehicle that contains 72 hours worth of essential supplies. While general items are important, personalizing each bag according to individual needs is critical.

## Build Your Own Go Bag!

### Basics for all Go Bags

Water	Food (non-perishable)
Toiletries	Medicines
Flashlight	First aid kit
Whistle	Moist towelettes
Chargers	Radio (battery powered)
Trash bags	Extra clothes

Plan Form (visit [ready.gov/plan-form](http://ready.gov/plan-form))



For an extensive Kit List visit [ready.gov/kit](http://ready.gov/kit)

### Other Items to Consider

- Prescription medications
- Glasses, contacts, and contact solution
- Cash and change
- Matches in a waterproof container
- Mess kits, Paper cups, plates and disposable utensils, paper towels
- Blankets/ beach towels or sleeping bag
- Feminine supplies
- Infant formula and diapers
- Paper and pencil
- Books, cards, games, puzzles or other activities for children
- Pet food, water and supplies for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container

Want additional resources or more information on other programs?

Contact [engAGING](mailto:engAGING@utc.edu) Communities at 423-402-0330 or e-mail [Stephanie-Blaine@utc.edu](mailto:Stephanie-Blaine@utc.edu)