***Go-bag Checklist ***

These are items you should take if you must leave your home quickly. Most of them can be kept in a Go-bag ahead of time so you are ready to go when you must leave.

**\_ Bottled water [](http://www.google.com/imgres?q=bottled+water&hl=en&biw=1920&bih=985&tbm=isch&tbnid=WsPcp-pgT6AipM:&imgrefurl=http://onwardstate.com/2008/12/20/water-water-everywhere-but-a-storage-dilemma/&docid=1PQegaD-mh3xlM&imgurl=http://onwardstate.com/wp-content/uploads/2008/12/water_bottle-300x300.jpg&w=300&h=300&ei=zS7cUbOWHpXk4APX5oGgBA&zoom=1&ved=1t:3588,r:20,s:0,i:156&iact=rc&page=1&tbnh=186&tbnw=186&start=0&ndsp=38&tx=79&ty=91) \_ Snacks  \_ Cash [](http://www.google.com/imgres?imgurl=http://www.pachd.com/free-images/household-images/five-dollar-bills-01.jpg&imgrefurl=http://www.pachd.com/free-images/household-images-2.html&docid=ZuhIXKKn3a1QvM&tbnid=wXXNxXohIe9WfM&w=1024&h=768&ei=6zzcUYfYL4W44APKuYGIAQ&ved=0CAQQxiAwAg&iact=c)**

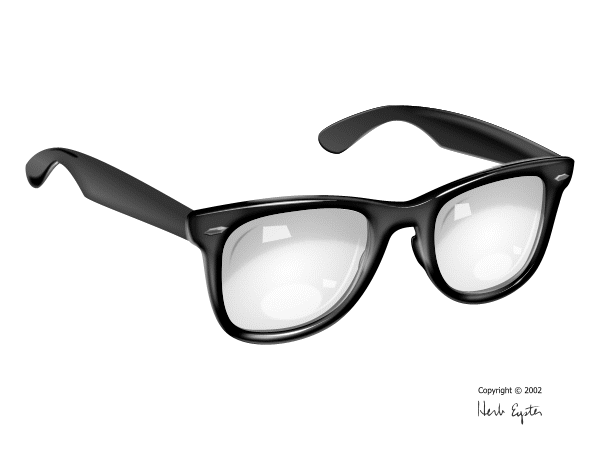
**\_ Medications and medical supplies  [](http://www.google.com/imgres?imgurl=http://l.yimg.com/ck/image/A8323/832398/300_832398.jpg&imgrefurl=http://voices.yahoo.com/3-over-counter-drugs-not-as-safe-as-think-4927744.html&h=294&w=300&sz=36&tbnid=r5wefOpT_w-lvM:&tbnh=114&tbnw=116&prev=/search?q=photo+of+over+the+counter+drugs&tbm=isch&tbo=u&zoom=1&q=photo+of+over+the+counter+drugs&usg=__d0GKYbweqCIzh2AJu4yWGbXlnSs=&docid=0piBtAyeiLbWBM&sa=X&ei=yXbMUdikE9Oo4APdtIGICA&ved=0CF8Q9QEwEA&dur=40) **

**\_ Copies of prescriptions**

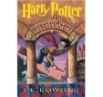
**Personal items - small sized: \_ Toothbrush  \_ Toothpaste [](http://www.google.com/imgres?imgurl=http://blogs.dickinson.edu/mindmeetsmatter/files/2010/11/colgate-tooth-whitening-paste.jpg&imgrefurl=http://blogs.dickinson.edu/mindmeetsmatter/category/nanotechnology-toothpaste/&h=280&w=280&sz=7&tbnid=pNK3DUUh_kiptM:&tbnh=88&tbnw=88&prev=/search?q=photo+of+toothpaste&tbm=isch&tbo=u&zoom=1&q=photo+of+toothpaste&usg=__3sv_q1BAcpczy30xajqpNZb00_E=&docid=feCQayeVxM4P0M&sa=X&ei=6FfMUb7bLM-44AP5yIDwAQ&ved=0CHEQ9QEwDg&dur=2105) \_ Shampoo[](http://www.google.com/imgres?imgurl=http://img4-2.realsimple.timeinc.net/images/1202/totally-twisted-shampoo_300.jpg&imgrefurl=http://www.realsimple.com/magazine-more/inside-magazine/road-tests/best-shampoos-00000000022809/page6.html&h=357&w=300&sz=26&tbnid=ULX7lRUKBtO5-M:&tbnh=93&tbnw=78&prev=/search?q=photo+of+shampoo&tbm=isch&tbo=u&zoom=1&q=photo+of+shampoo&usg=__es1axIylxE1h2Fd6ee7Z-tQ9Pzk=&docid=kC60VgTTvgWfrM&sa=X&ei=6lbMUYLEB_Wn4APsx4BI&ved=0CEUQ9QEwCA)**

**\_ Hand sanitizer** [](http://www.google.com/url?sa=i&rct=j&q=hand+sanitizer&source=images&cd=&cad=rja&docid=jR238zmggM2CgM&tbnid=SH84xWgZE-UKRM:&ved=0CAUQjRw&url=http://amhersttimes.com/?p=18832&ei=L0PcUZy1J_er4APCwYHQBQ&psig=AFQjCNFNgPFjBnN944mt2dJXaGRkpSDYTw&ust=1373475905307756) **\_ Body wipes [](http://www.google.com/imgres?q=body+wipes&hl=en&biw=1920&bih=985&tbm=isch&tbnid=nxEILwEcDJ2bvM:&imgrefurl=http://www.flintcreekoutfitters.com/camping/fresh-bath-body-wipes.html&docid=iaHPR--IgTspVM&imgurl=http://www.flintcreekoutfitters.com/media/catalog/product/cache/1/image/9df78eab33525d08d6e5fb8d27136e95/f/r/fresh_bath_wipes.jpg&w=300&h=300&ei=-y_cUYCADJb_4APPoYHIBg&zoom=1&ved=1t:3588,r:23,s:0,i:156) \_ Deodorant [](http://www.google.com/imgres?imgurl=http://pics2.ds-static.com/prodimg/26286/300.jpg&imgrefurl=http://www.drugstore.com/speed-stick-by-mennen-deodorant-clear-solid-ocean-surf/qxp26286&h=300&w=300&sz=20&tbnid=oEU7_3vM_7IexM:&tbnh=85&tbnw=85&prev=/search?q=photo+of+deodorant&tbm=isch&tbo=u&zoom=1&q=photo+of+deodorant&usg=__lNfj0WpZ4y3wrDXzNUdPkBwCg4M=&docid=mNXshlsjHr0wzM&sa=X&ei=oVXMUYnuCKb64APmiICICQ&ved=0CEIQ9QEwBw&dur=1708)\_ Sanitary items [](http://www.google.com/imgres?q=photo+of+sanitary+napkins&biw=1920&bih=985&tbm=isch&tbnid=rYNQC1tK4WlGqM:&imgrefurl=http://www.pnsexplosion.com/2008/11/pns300-kotex-mex.html&docid=J_yItD0NXDDPdM&imgurl=http://pnsexplosion.com/uploaded_images/Kotex_Sanitary_Napkins-776965.jpg&w=767&h=633&ei=uIDMUaaaErbG4AOr_ICgDA&zoom=1&ved=1t:3588,r:96,s:0,i:375&iact=rc&page=3&tbnh=196&tbnw=237&start=83&ndsp=50&tx=72&ty=92)**

**\_ Contact lens case & cleaner [](http://www.google.com/imgres?imgurl=http://i.istockimg.com/file_thumbview_approve/157784/2/stock-photo-157784-contact-lens-case.jpg&imgrefurl=http://www.istockphoto.com/stock-photo-157784-contact-lens-case.php&h=285&w=380&sz=29&tbnid=lAU6tEuwHjH6MM:&tbnh=85&tbnw=113&prev=/search?q=photo+of+contact+lens+cases&tbm=isch&tbo=u&zoom=1&q=photo+of+contact+lens+cases&usg=__U6ZI_eVi0mhYjo8TABZfP_-8ju8=&docid=ryx8ecMLzfbcqM&sa=X&ei=-XXMUaXmA5G24AOR54CYDw&ved=0CIYBEPUBMBM)[](http://www.google.com/imgres?imgurl=http://i1.allaboutvision.com/i/alcon-opti-free-replenish-160x203.jpg&imgrefurl=http://www.allaboutvision.com/contacts/caresoftlens.htm&h=203&w=160&sz=22&tbnid=RyemxbE_i8TaGM:&tbnh=91&tbnw=72&prev=/search?q=photo+of+contact+lens+cleaner&tbm=isch&tbo=u&zoom=1&q=photo+of+contact+lens+cleaner&usg=__ypIbleyQ3Ii5RZAbpUZeXd4JChw=&docid=kYo8VFp7a9adcM&sa=X&ei=OXHMUdDiEff94APttoGgDw&ved=0CFMQ9QEwAw&dur=284) \_ Denture case & cleaner[](http://www.google.com/url?sa=i&rct=j&q=denture+case&source=images&cd=&cad=rja&docid=2xD2Un-Mszrg9M&tbnid=Tj3mdXI5xSMeUM:&ved=0CAUQjRw&url=http://www.ebay.com/itm/Dental-Orthodontic-Retainer-Denture-mouthguard-Case-Box-/320615790147&ei=wzHcUe-LHfXF4APH5oGIDA&bvm=bv.48705608,d.dmg&psig=AFQjCNFMMDPli6RCL5qwAlDelIwowqSc9w&ust=1373471542601698)[](http://www.google.com/imgres?q=denture+cleaner&hl=en&biw=1920&bih=985&tbm=isch&tbnid=_dBMdh8Cs4gcLM:&imgrefurl=http://www.walmart.com/ip/Equate-Anti-Bacterial-Denture-Cleanser-90-Ct/10324436&docid=VJLxaRkIJ9qaKM&imgurl=http://i.walmartimages.com/i/p/00/73/06/37/04/0073063704240_500X500.jpg&w=500&h=500&ei=FTLcUcPMOuH84APS3oG4Dg&zoom=1&ved=1t:3588,r:22,s:0,i:162&iact=rc&page=1&tbnh=182&tbnw=182&start=0&ndsp=41&tx=74&ty=100)**

**\_ Eyeglasses & case  \_ Hearing aid batteries [](http://www.google.com/imgres?imgurl=http://c4.soap.com/images/products/p/egz/egz-039_1z.jpg&imgrefurl=http://www.soap.com/p/energizer-hearing-aid-batteries-size-13-58405&h=1498&w=1245&sz=212&tbnid=7H1I121HnzRX2M:&tbnh=90&tbnw=75&prev=/search?q=photo+of+hearing+aid+batteries&tbm=isch&tbo=u&zoom=1&q=photo+of+hearing+aid+batteries&usg=__G6nKcbQQKWKzEXcH4pXpFYQFL1A=&docid=gTN2_B_6W6SykM&sa=X&ei=ZXXMUdSyKdfl4AOL3oHADA&ved=0CJMBEPUBMBE)\_ Comb or brush[](http://www.google.com/url?sa=i&rct=j&q=hairbrush&source=images&cd=&cad=rja&docid=mbkc1wCQXs_aMM&tbnid=yz9hGfcflvbKzM:&ved=0CAUQjRw&url=http://brigittesbrushes.com/products/vented-red/&ei=_jTcUfMdq8PgA4bagOAH&bvm=bv.48705608,d.dmg&psig=AFQjCNGF-TQKaFqrOQENrEq9ehCD-KUcxw&ust=1373472372405214)**

**\_ Cell phone & charger [](http://www.google.com/imgres?q=cell+phone&hl=en&biw=1920&bih=985&tbm=isch&tbnid=SdsXz8cOtRktAM:&imgrefurl=http://blog.gofirstpriority.com/2012/07/cell-phones-can-foster-good-family-relations/&docid=w7uxOpoDi4ZiBM&imgurl=http://blog.gofirstpriority.com/wp-content/uploads/2012/07/cell-phone.jpg&w=500&h=500&ei=7DbcUcLOKfWo4AONzYB4&zoom=1&ved=1t:3588,r:32,s:0,i:192&iact=rc&page=1&tbnh=173&tbnw=173&start=0&ndsp=38&tx=82&ty=78)[](http://www.google.com/imgres?q=cell+phone+charger&hl=en&biw=1920&bih=985&tbm=isch&tbnid=Fk_HehTHNdbxJM:&imgrefurl=http://www.diytrade.com/china/pd/5450587/Cellphone_charger.html&docid=yQR1WmXIEjDKpM&imgurl=http://img.diytrade.com/cdimg/929905/9122625/0/1243065598/Cellphone_charger.jpg&w=1024&h=1024&ei=UzfcUdfCGtWg4AOYlIDIAw&zoom=1&ved=1t:3588,r:27,s:0,i:177&iact=rc&page=1&tbnh=188&tbnw=183&start=0&ndsp=36&tx=132&ty=72) \_ Extra batteries or chargers for electronic devices**

**\_ First aid Kit[](http://www.google.com/url?sa=i&rct=j&q=first+aid+kit&source=images&cd=&cad=rja&docid=4IxHM1QacL2CGM&tbnid=ho61f6VlmLUPIM:&ved=0CAUQjRw&url=http://www.theencouraginghome.com/2012/06/06/5-days-of-essential-oils-first-aid-kit/&ei=ZzjcUePuFtO34AOs94DAAw&psig=AFQjCNGjO3caOOXl4T7DV1uHMkX2tC2bxg&ust=1373473245584951) \_ Leisure item (book, iPod) [](http://www.google.com/imgres?q=photo+of+harry+potter+book+cover&biw=1920&bih=985&tbm=isch&tbnid=5RAMAqS-REsI5M:&imgrefurl=http://hotteahotbooks.wordpress.com/2011/08/28/yes-i-do-judge-books-by-their-covers/&docid=dUL5lYoB6KfvcM&imgurl=http://hotteahotbooks.files.wordpress.com/2011/08/51df6zr8g7l.jpeg&w=300&h=300&ei=33vMUc7cA-nl4AP9soGIAQ&zoom=1&ved=1t:3588,r:44,s:0,i:219&iact=rc&page=1&tbnh=202&tbnw=202&start=0&ndsp=53&tx=97&ty=83) \_ Extra clothes or underwear**

**Include your *Personal Emergency Plan* in your Go-Bag.**



Personal Emergency Plan

**It is a folder with important forms: Health Information; Contacts; Daily living, Mobility, Communication & Emotional Needs; Photos; Documents as needed (list below):**

**\*\*** Forms can be found at www.wihd.org BD21298_Resource Library BD21298_Training Curricula

**Important documents to include**:

Copy of birth certificate \_\_\_

Photo ID \_\_\_ Photo of service animal \_\_\_

Copy of medical insurance cards \_\_\_ Medical documents \_\_\_

SSI/SSDI Award Letter \_\_\_

Health directives/Health care proxy \_\_\_

Guardianship papers \_\_\_

Proof of address (from utility bill or license) \_\_\_

Home insurance information\_\_\_

Bank account numbers \_\_\_

**\*\* Service animals should have separate Go-Bag.**