READY TODAY, SAFER TOMORROW

GO-BAG EMERGENCY SUPPLIES

FOR WHEN YOU NEED TO LEAVE QUICKLY

Sometimes you may need to leave your home quickly because of an emergency. This checklist will help you pack a go-bag with the things you and your family might need. It's a simple way to stay safe and ready, even when you have to leave in a hurry.

3 EASY STEPS TO START

1 **Get connected! Text CTALERT to 888-777** to sign up for Connecticut's emergency alerts **AND download the FEMA app** for alerts and resources at **ready.gov/fema-app.**
Are you a caregiver for someone living out of state? Sign up for alerts in their area too!

2 **Set reminders on your phone, or write on your calendar,** to check expiration dates and replace missing items in your go-bags **when we change the clocks for daylight savings time in the spring and fall.** This is also a good time to check your home emergency kit.

3 **Print copies of important documents and put them in waterproof Ziplock bags.** Include photo ID cards, insurance cards, proof of address, photos and contact information for friends and family, medical and prescription info, cash in small bills, and copies of credit and ATM cards. **Do this for everyone in your home, and put each person's bag of documents in their go-bag.**

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3 STEPS TO BUILD YOUR GO-BAGS

1 **Start with the essentials:**

Pack go-bags for every person in your home: A go-bag has important items you might need if you have to leave quickly.
It should be sturdy and easy to carry, like a backpack or a small suitcase with wheels.

Bottled water
Try not to use plastic water bottles in your go-bags. Over time, they can break, leak, or become unsafe to drink from. Instead, pack a reusable, metal water bottles. You may also want to pack some emergency water pouches which can last up to 5 years!

Long lasting, high-protein food:
Packaged food that doesn't need to be cooked, like dried fruit, applesauce, nuts, granola bars and protein bars.

2 Add in other important items:

Travel-size first aid supplies, including:
Single packets of fever reducers and pain medicines, band-aids, cleaning wipes, and emergency blankets (thin, shiny blankets made to keep you warm and protect you from cold, wind, or rain - they fold up small, so they're easy to carry in a go-bag).

Flashlight (with extra batteries)

Notepad and pen

Cleaning and personal care supplies:
Pouches of disinfectant cleaning wipes and personal cleansing wipes, travel size hand sanitizer, space facemask and a couple of small trash bags.

Chargers for your cell phones and tablet (if you have one)

Battery-powered or hand-crank radio that can access NOAA radio stations.
Radio is best for reliable updates. NOAA is the U.S. agency that keeps an eye on the weather and shares important updates. To get NOAA alerts, tune your radio to:

New London area - KHB47 (162.550)
Hartford area - WXJ41 (162.475)
Cornwall area - WWH33 (162.550)
Meriden area - WXJ42 (162.400)

Extra set of car keys, if needed.
Packing tip: If you keep your go-bag in your car, store your spare keys somewhere else—like on a hook by the door. That way, if you lock your keys in the car, you won't lock your spare keys in there too!

3 Finally, ask yourself these 3 questions, and add in any extra items that you need:

Do you have babies or kids in your house?
Your baby's go-bag doesn't need extra car keys, but it should have diapers, wipes, bottles, formula, and baby food.
For kids, pack snacks and things to keep them busy, like coloring books and crayons, playing cards, stuffed animals, and storybooks. Try not to make their bag too heavy or pick a bag with wheels to make it easier for them to carry.

Do you, or anyone in your home, need medical supplies?
Make sure everyone has enough medicine for a few days. Also pack extra items like glasses, contact lenses, hearing aids, ostomy bags, spare batteries and chargers, medical alert tags, and anything else you might need.

Do you have any pets?
Your pet needs a go-bag too! It should have their canned and dry food, water, bowl, vaccination and medical papers, and any medicine they take. Dogs will also need waste bags, and cats will need a sealed bag of litter and a disposable tray to use as a litter box. Keep their go-bag with their crate so you can grab it quickly.

DON'T FORGET TO DOWNLOAD OUR HOME EMERGENCY KIT CHECKLIST, FOR WHEN YOU'RE STAYING IN PLACE FOR UP TO 3 DAYS.

CONNECTICUT Public Health