

Build a go-bag that actually works

- 1 Water and food.** 1 gallon of water per person per day and 3 days of no-cook food. Manual can opener.
- 2 Light and news.** Flashlight, battery or crank NOAA weather radio, spare batteries, power bank and cables.
- 3 Health.** First aid kit, 7-day supply of medications, copies of prescriptions, glasses, masks.
- 4 Papers and cash.** Copies of ID, insurance and records in a waterproof bag. Cash in small bills.
- 5 Paper contacts.** Written list of phone numbers and an out-of-town contact.
- 6 Personal.** Change of clothes, sturdy shoes, hygiene items, pet and baby supplies, whistle.

Go deeper: Survival Prep: Surviving the First 30 Days After a Disaster

View on Amazon: <https://www.amazon.com/dp/B0DJJBHC7B>

Sources:

Ready.gov: Build a kit - <https://www.ready.gov/kit>