

Disaster Go Bag

Recommended Packing List

Clothing

- Weather appropriate clothing (recommend preparing for changing temps)
- Flip flops/shower shoes
- Close-toed shoes and extra socks
- Hats

Personal Care Items:

- Basic toiletries (soap, shampoo, toothbrush/paste, deodorant, etc.)
- Prescription and over-the-counter medications
- Glasses and contacts
- (2) Towels
- Laundry Bag
- Sleeping bag
- Pillow
- Baby wipes
- Hand sanitizer
- Feminine products

Supplies:

- Leather work gloves
- Pocket knife/multi tool
- Batteries
- Flashlights
- Back up cell phone battery
- Cell phone charger
- Bug spray
- Sunscreen

Please Note: When responding to disasters, locally available resources are often scarce. If you have dietary restrictions (e.g. vegetarian, vegan, diabetic, gluten-free, severe food allergies, etc.) please notify the team leader prior to departure and plan to pack some food items that you will be able to eat.