

SCRIPPS COLLEGE

Office of Emergency Preparedness

We never know when a disaster will strike. Taking a moment to become familiar with our surroundings and creating a plan will greatly improve our response and recovery when it does occur. During the planning phase, you should create a “Go Bag.” Personal Go Bags will be very useful to you following a disaster. If you have to shelter in place, evacuate to another location, or spend additional time at work, you have comfort items to help you until general services are re-established. Go bags should be stored in an easily accessible location and replenished as necessary. Below are some useful items to keep in your bag.

Select a bag that is comfortable to carry and lightweight. Many select a backpack-style bag.

Recommended items to pack:

- At least one 20-ounce unopened container of water
- Protein bars
- Beef/Chicken/Vegan Jerky
- Dried fruit
- Nuts /Mixes
- Peanut butter pouches
- Apple sauce pouches
- Small roll of duct tape
- Emergency blanket, Mylar type
- Pair of tennis shoes
- Pair of comfortable socks
- Change of undergarments
- Small hygiene and first aid kit:
 - Personal items, toothbrush, toothpaste, baby wipes, wash cloth, small bar soap, hand sanitizer, eye drops, toilet paper, facial tissue, Tylenol/Aspirin, antibiotic ointment, gauze, Band-Aids, prescribed medications, dust mask.
- Flashlight with batteries
- Glow sticks
- Notebook, pen, and pencil.
 - Write down contact information for family and friends inside notebook
- One of your favorite books
- Compact Emergency Radio
- Some cash in small bills

It is also recommended that you keep a similar kit inside your vehicle should you be traveling and find yourself stranded roadside.

Take time to discuss emergency plans with your family. Where would you meet, who would you check in with, what would be the general plan should communications be out?