



Emergency Go Bag

Did you know?

Extreme weather and other emergencies can force families to leave their homes in a hurry. A go bag is a pre-packed collection of essential supplies that can be lifesaving if you must evacuate.

Action Plan

- A Go Bag should include the following, packed into airtight, waterproof plastic bags in easy-to carry bins or duffel bags. Check every year.
- Vulnerable individuals, including those with cancer or other chronic conditions may need additional supplies. Please visit [ready.gov/people-disabilities](https://www.ready.gov/people-disabilities) for more tips.

Food + Water + Infant + Pet	○ Water (1 gallon per person per day for several days) ○ Non-perishable food (several-day supply) + can opener ○ Pet food + extra water ○ Infant formula, bottles, diapers, wipes, diaper cream ○ Paper cups, plates, paper towels, plastic utensils
Medical + Hygiene + Clothes	○ First aid kit, prescription and non-prescription medications with instructions (refill before emergency if possible) ○ Pet medications ○ Whistle, face masks ○ Personal items: moist towelettes, garbage bags, prescription eyeglasses, toothbrush, soap, hand sanitizer, disinfecting wipes, menstruation products ○ Clothing layers, underwear, socks, and sturdy shoes
Shelter + Communications	○ Battery-powered or hand crank radio and National Oceanic and Atmospheric Administration (NOAA) Weather Radio with tone alert, Extra batteries.

[more](#) →

	- o Flashlight with batteries - o Plastic sheeting, scissors and duct tape or a camping tent, and sleeping bags (shelter in place) - o Local maps - o Cell phones with chargers and a backup battery
Documents + Money +	- o Family documents such as copies of photo ID (driver's license, passport), insurance policies, bank account records saved electronically or in waterproof containers - o Cash in small bills

Resources

More information on how to make an emergency preparedness family plan visit [ready.gov](https://www.getready.gov)

New York City	Click on "Gather Supplies" at the nyc.gov/site/em/ready/get-prepared.page
New York State	Click on health.ny.gov/environmental/emergency/emergency_supply_kit.htm
New Jersey	Visit nj.gov/njoem/plan-prepare/your-kit-plan.shtml
Puerto Rico	Visita manejodeemergencias.pr.gov/prepara-una-mochila/ del Negociado de Manejo de Emergencias y Administración de Desastres
U.S. Virgin Islands	Visit vitema.vi.gov/build-a-kit/ from VI Territorial Emergency Management Agency

Version: April 2026