**Emergency Preparedness**

**Personal Carry Bag/Go Bag**

**Your “Go bag” can be a backpack or duffel bag. It should be large enough to hold a week’s worth of your personal care and essential items.**

**What should your “Go Bag” contain:**

* 7-day supply of medications, including names, dosage & doctor contact info
* Bladder and Bowel care items, including gloves, catheter supplies, pads and any adaptive devices or equipment.
* Food/snacks & water
* Warm clothing, consider all different weather conditions
* Toothpaste, toothbrush, Mouthwash
* Deodorant
* Baby wipes or moist towelettes
* Toilet paper
* Sunscreen
* Filtered face mask rated N-95
* Mobility supplies (transfer board, hand splints, prosthetics etc.)
* Eye glasses, contact lens supplies, hearing aids
* Flashlight and extra batteries
* Some Cash

Your **Go Bag** should be kept close to the front door for quick, easy access in case you need to evacuate.

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