

PREPARED NOT PARANOID

GO BAG AND EMERGENCY BUG OUT BAG/ 72 HOUR BAG



PREPARED PARANOID
— FITNESS TO FIREARMS —

A Go Bag is an expansion of your Every Day Carry (EDC)- a lightweight kit designed for short-term emergencies, lasting roughly 8 hours away from home.



This could be used in situations where you need to leave quickly due to an **accident, unexpected event, or temporary displacement**, but you fully intend to return home once the situation stabilizes.

GO BAG CHECKLIST:

- Wallet with ID and Credit Cards
- Cash – Small bills
- Keys – Home and Car
- Flashlight
- Comprehensive First Aid Kit
- Hygiene Kit
- Phone and Charger
- Charging Block with Cables
- Pen and Notepad/ Sharpie
- Water
- Snack Bar
- Knife
- Multi-Tool
- Personal Medications
- Glasses & Sunglasses
- Small Power Bank with Cables
- Never Let Your Gas Tank Get Below a Half a Tank

GO BAG **EXPANDED** CHECKLIST:

- Trauma Kit (Tourniquet, Chest Seal, Hemostatic Gauze)
- Chem Light (Glow Stick)
- Gloves (Work Gloves & Nitrile Gloves)
- Dust Mask/Gaiter
- 6-in-1 Screwdriver
- Small Channel Locks
- Zipties
- Pepper Spray- Self Defense options
- Personal Alarm
- Firearm and Spare Magazine (If comfortable & legal)

COMPREHENSIVE EMERGENCY SUPPLY CHECKLIST

- ! When preparing for an emergency evacuation, having the right supplies can mean the difference between comfort and hardship. The following checklist covers essential items you should have on hand in case you need to leave your home, with the possibility of not returning. Everyone's specific needs will vary based on environment, climate, and region, so adjust accordingly. If you've gone camping before, many of these items may already be familiar to you.

WATER



- One gallon per day, per person (for drinking and sanitation)
- Additional water for pets, if applicable
- Water storage, filtration, and purification tablets

FOOD



- Non-perishable items
(canned goods, dried foods, energy bars, etc.)
- MREs (Meal Ready-to-Eat) – One box contains 12 meals, approximately 1,250 calories each
- Manual can opener
- Special dietary considerations
(allergies, medical conditions, infants, elderly family members)
- Pet food, pet medication, travel bag, and pet toys
(if applicable)

ALTERNATIVE COOKING OPTIONS



- Portable camp stove or small propane burner
- Portable coffee maker or instant coffee packets
- Extra fuel for cooking devices

COMMUNICATION & POWER



- Handheld AM/FM radio and NOAA Weather Alert Radio, with spare batteries
- Cellular phone, charging block, and cables
- Alternate communication options:
 - Rapid Radio, Garmin InReach, Weboost, Starlink
 - HAM radio for monitoring emergency broadcasts and communication
- Laptop, charger, and spare flash drive
- Solar generator
- Solar panel

LIGHTING & VISIBILITY



- Flashlight and spare batteries/charger
- Headlamp and spare batteries/charger
- Chem lights (glow sticks)
- Vehicle emergency lighting options

FIRST AID & MEDICAL SUPPLIES



- Comprehensive first aid kit & trauma kit (tourniquet, chest seal, hemostatic gauze, bandages, etc.)
- Personal medications, including a list of medications, dosages, and purpose
- Medical history and allergies list for each family member
- Prescription glasses/contact lenses and solution

PERSONAL SAFETY & PROTECTION



- Whistle, bell, Air Horn, personal alarm, or alternative signaling device
- Dust masks (N95 or equivalent) to reduce inhalation of dust and debris
- Plastic sheeting and duct tape for sealing windows/doors in hazardous conditions
- Fire extinguisher (portable size)
- Matches and weatherproof container/fire-starting materials

SANITATION & HYGIENE



- Pre-moistened wipes, shower wipes, and toilet paper
- Toothbrush, toothpaste, deodorant, soap, and other personal hygiene items
- Plastic garbage bags and zip ties (for waste disposal and emergency toilet use)
- Unscented chlorine bleach:
 - For disinfecting: Dilute nine parts water to one part bleach
 - For water purification: 16 drops per gallon of water
- Clorox wipes and hand sanitizer
- Portable toilet with tent

TOOLS & NAVIGATION



- Multi-tool (knife, pliers, screwdriver, etc.)
- Hand tools: wrench, screwdriver, hammer, axe, crowbar
- Auto repair equipment (jumper cables, tire repair kit, tow rope, etc.)
- Local street maps (paper version)
- Key documents (insurance, ID copies, emergency contacts) in a waterproof container
- Spare home/vehicle keys

CLOTHING & SHELTER



- Sleeping bag or blankets (adequate supply for all family members)
- Change of clothes for each person:
 - Long-sleeved shirts & long pants (for protection and warmth)
 - Sturdy shoes/boots and socks
 - Outer clothing/rain gear (think layers for various conditions)
- Gloves, hat, and scarf (if in a cold climate)



PETS AND PET SUPPLIES

- 3–7 days' worth of pet food (dry or canned)
- Collapsible food and water bowls
- Manual can opener (if using canned food)
- 1 gallon of water per pet, per day
- Leash, harness, and collar with ID tags
- Portable pet crate or carrier (with your name/contact info)
- Pet bed, blanket, or crate liner
- Muzzle (if needed for stress or safety)
- Copy of vaccination records and microchip info
- 7–10 day supply of pet medications or supplements
- Pet first aid kit (bandages, tweezers, gloves, etc.)
- Waste bags and cleanup supplies
- Cat litter and portable litter box (for cats)
- Grooming wipes or towel
- Favorite toy or chew item
- Comfort item from home (blanket, towel, etc.)
- Recent photo of you with your pet (for identification)

CASH & FINANCIAL PREPAREDNESS



- Cash in small bills – ATMs and card readers may be down in an emergency

MISCELLANEOUS & COMFORT ITEMS



- Paper plates, cups, eating utensils, and paper towels
- Diapers and formula, if applicable
- Books, games, and comfort items for children (helps ease stress in uncertain situations)

IMPORTANT PERSONAL DOCUMENTS

1/2

! **NOTE:** This is an extensive list designed with the reality in mind that you might not be able to make it back home.

Passports

Driver's Licenses

Birth Certificates

Social Security Cards

Marriage Certificate

Divorce Decrees

Adoption Papers

Military Service Records

Immigration and
Naturalization Papers

Health Insurance Cards

Medical Records and
Immunization Records

Prescription Medication List

Living Wills and Advance Directives

Power of Attorney for Healthcare

Contact Information for
Healthcare Providers

Bank Account Information

Investment Account Statements

Credit Card Information

Tax Returns (last three years)

Property Deeds and Titles

Mortgage and Loan Documents

Insurance Policies
(health, home, auto, life, disability)

Retirement Account Information

Wills and Trust Documents

Power of Attorney Documents

Child Custody Agreements

Court Orders and Legal Judgments

Home and Property Deeds

IMPORTANT PERSONAL DOCUMENTS

2/2

! **NOTE:** This is an extensive list designed with the reality in mind that you might not be able to make it back home.

● Vehicle Titles and Registration

● Rental Agreements and Lease Contracts

● Home Inventory List with Photos

● Employment Contracts

● Pay Stubs

● Pension and Retirement Plan Documents

● Contact Information for Current and Previous Employers

● Diplomas and Degrees

● Transcripts

● Professional Certifications and Licenses

● Emergency Contact Information

● Utility and Service Provider Information

● Copies of Key Contracts (e.g., phone, internet, utilities)

● Pet Identification and Veterinary Records

● Safe Deposit Box Keys and Inventory

● Digital copies stored in a secure cloud or on a thumb drive for easy transport

EVACUATION ACTIONS

- Tie a white towel or any larger white cloth to or near the front door. This tells rescuers that you have evacuated
- Unplug all appliances except refrigerator and freezer
- Turn off gas or propane
- Close Drapes and Blinds
- Turn on Exterior lights
- Lock all doors and windows
- Have an evacuation route/s pre planned to a safe location



Make Sure your vehicles are in tip top shape by reviewing our **Mobile Command Center Checklist**

FINAL CONSIDERATIONS

This checklist provides a foundation for emergency preparedness, but it should be tailored to fit **your specific needs, family size, and environment**. Preparedness isn't just about having supplies, it's about **having a plan** and knowing how to use everything in your kit effectively.



Stay informed, stay ready, and most importantly - stay **prepared, not paranoid**.

GO BAG & EMERGENCY BUG-OUT BAG / 72-HOUR BAG

If you want to be ready to move quickly in an emergency, scan the QR code on the right to get our Prepared Not Paranoid Go Bag & 72-Hour Bag Blog.

It covers essential gear, organization tips, and practical advice for short-term survival and evacuation readiness.

www.preparednotparanoid.com/pnp-library?category=Go%20Bag%20/%20Bug%20Out%20Bag



RECOMMENDED GEAR & SUPPLIES

Looking for reliable gear and products featured in this checklist?

Scan the QR code on the right or visit our online shop to explore our hand-picked emergency readiness items:

www.preparednotparanoid.com/everyday-carry-edc

