

**GO-KIT (Personal Survival Backpack)**  
**(for under each bed at home AND under your desk at work)**

Whistle (to signal for help)  
Old bicycle helmet (or a hard hat)  
Dust mask (to keep dust and debris out of nose and mouth)  
Goggles (to keep dust and debris out of eyes)  
Heavy gloves (to keep your hands uninjured while getting out of the building)  
Socks and sturdy shoes (unless you're already wearing them at work)  
First aid supplies (with tourniquet, bandages, gauze, ointment, medications, etc.)  
Prescription medications (asthma inhalers, heart medication, etc.)  
Extra prescription eye glasses, hearing aid or other vital personal items  
Swiss Army knife (or equivalent)  
Crowbar (nearby) - to pry open doors  
Non-perishable food (such as granola bars, packaged nuts)  
Water (at least several bottles)  
Ziploc baggies (for bathroom duties)  
Kleenex (to clean up bathroom duties)  
Wet wipes (to clean everything)  
Garbage bag (to keep everything tidy)  
Radio (to listen for emergency instructions) and batteries, or a crank radio  
Cards or games (for something to do while you wait for rescue)  
Pen and paper (to write notes)  
Glow sticks (creates light instantly for about 12 hours) - stored on heavy cardboard  
Flashlight with extra batteries (keep the batteries fresh)  
Copies of identification cards  
Copy of health insurance, homeowners insurance, etc.  
List of emergency point-of-contact phone numbers (including out-of-area contacts)  
List of medical issues, such as allergies to any food or drug (especially antibiotics)  
Photos of family members and pets for re-identification purposes  
Small amount of money in small bills and change (about \$50)  
Toothbrush and toothpaste with small towel  
Extra keys to your house and vehicle (only in your bedroom Go-Kit)  
Old cell phone (remember to keep it charged)

**Car Survival Backpack:** Same as Personal Survival Backpack but enough supplies for all family members, with these added items:

Rain ponchos (for rain, blanket, and many other uses)  
Blankets (such as small survival blankets)  
Compass (in case you have to walk home and street signs are missing)  
Heavy rope (in case you have to climb down from an overpass)  
Duct tape (1001 uses)  
Additional first aid supplies (to help others)

**Check out the YouTube video for details:**

<http://www.youtube.com/watch?v=5SOch5FbIV8>