

Jen's Go Bag Contents

Tools and Safety

- Multi-Tool (Leatherman)
- Mylar emergency blankets (4)
- Poncho (1) cheap plastic type
- 550 Nylon Paracord (50ft)
- Mechanical pencil, pen, sharpie
- Small notepad
- Orange Windstorm brand whistle
- Safety glasses
- Bag of bags – garbage bag, black yard waste bag, large zip lock, etc. Folded flat
- N95 Masks with respirator valve (4)
- Leather gloves
- Zip ties (~24 assorted sizes)
- Glow in the dark duct tape
- Wide masking tape
- Small can WD40 in a zip lock baggie
- Sony Walkman with headphones
- Small bungee cords

Heat and Light

- 12 hour chemical light stick (4)
- Box of 32 kitchen matches in a zip lock bag
- Windproof matches in water-tight canister
- Fire starters: magnesium, firesteel, etc.
- 9oz can of Heat Cell
- LuminAID inflatable solar lantern
- LED flashlight
- LED glow stick

First Aid Kit

- BandAids (~25 assorted size)
- BandAid "Advanced Healing Blister" (6)
- Hand Sanitizing wipes
- Triangle bandage (2)
- Johnson & Johnson Antiseptic Wound Wash
- Dental First Aid kit- Ambasol, Orajel, DenTek Temparin Max
- Over-the-Counter Meds -Tylenol, Motrin, Benedryl, Tums antacid
- 3x3 Gauze (2)
- Neosporin cream & spray
- Sunscreen, insect repellent
- Tweezers

Hygiene Kit

- Feminine Hygiene Products
- Shampoo, conditioner, bar of soap
- Deodorant
- Pack of baby wipes
- Aqua Towel (2)
- Finger nail clippers and nail file
- Chapstick
- Toothbrush, toothpaste, floss
- Hairbrush (small, travel size)
- Toilet paper (single ply)
- Q-Tips (travel pack)

Jen's Go Bag Contents, cont.

Comfort Kit

- One complete change of clothes. All long sleeved, light-layers.
- 2 pair of socks
- Inflatable neck pillow (travel size)
- Speedo fast drying compact swim towel (lightweight, small, not a full sized towel)
- Air activated chemical warmers: Body size (1) Hand size (4)
- Full MRE Meals (3) [Note: I store most of our transportable emergency food separately]
- Mess Kit – plastic utensil packets (from restaurant take out), napkins, MRE drink flavoring (4), MRE snack (2), MRE water-activated heater (1)
- 4oz pouch Water (4) [Note: I store most of our transportable water separately]
- Backpacker's water purification methods – LifeStraw, SteriPen, purification tabs, and filter (ex: Katadyn, Sawyer). Each pack has a different method, so we have four ways to clean water among us.

Notes:

- Our Go Bags are kept in matching L.L. Bean super deluxe backpacks, embroidered with first name initial (so family members can tell their packs apart).
- The packs are stored in our entryway closet on a shelf that everyone in the family can reach.
- I keep batteries in all my battery-powered items and test them at least twice a year. A lot of people recommend storing the batteries separate. I prefer to keep my gear ready to use.
- We keep our prescription medication and extra batteries in easy-to-grab storage containers. I don't keep a cache of spare batteries or prescription meds in each individual kit because it makes it difficult to maintain a first in / first out rotation. I figure if I've got time to grab my go bag, I've got time to grab the batteries and prescription meds (they are stored just steps apart).
- I keep an assortment of small bills and quarters in an opaque container in each pack. The adult packs have more money, the kids have less. Mini M&M candy containers work great for storing quarters, the tube is long enough to hold \$20.25 in quarters. Quarters are heavy, but they are useful for vending machines, laundry mats, and token showers. Payphones are rare, but they're still out there, too.
- Important documents are kept in a fire-proof safe & electronic copy is saved on a flash drive and uploaded to the cloud.
- Prepper's rule of thumb is to have back ups for your back ups. My family has four people, so I achieve this by equipping each person's pack with a different method for things like fire starting and water purification. Each of our bags contains items that perform the same general purposes, so that we don't lose our ability to perform a function if any single bag is lost.