

An Emergency Go-Bag is essential. Natural and human caused disasters can strike suddenly anytime and anywhere. You may be evacuated or stranded for several days. This list is not comprehensive or required. Use it as a guide to create your own Go-Bag and emergency supplies.



IMPORTANT TIPS

- Your Go-Bag should be in a portable, easy to lift and carry; and have an ID tag with your name, address and phone.
- Keep your Go-Bag near an entry/exit of your home or in your car.
- You may have a Go-Bag at home, at work and in your car.
- Keep a light source in the top of your Go-Bag so you can find it quickly in the dark.
- Inspect your Go-Bag at least twice a year. Rotate food and water every six months. Check expiration dates on medication, batteries, food and water.

FOOD & WATER

- Bottled Water / Reusable Water Bottle
- Nutrition Bars (non-perishable)
- Dried Fruit / Snacks

CLOTHING (Change of clothes for a few days)

- Pants / Jeans
- Shirts / Blouses
- Underwear & Socks
- Pajamas
- Sweater / Sweatshirt / Jacket
- Comfortable Shoes that you can walk/run in

HYGIENE / SANITATION

- Toothbrush & Toothpaste
- Shampoo, Conditioner & Soap
- Hand Sanitizer
- Lotion & Lip Balm
- Brush & Comb
- Razor & Shaving Cream
- Make-Up & Hairstyle Products
- Personal Products

MEDICATION / HEALTH

- Prescription Medications & Copies of Prescriptions
- OTC medication and vitamins
- Medical Devices, Supplies & Chargers
- Hearing Aids & Batteries
- Eyeglasses, Contact Lenses, Sunglasses
- Face Mask / Covering

TECHNOLOGY & GEAR

- Cell Phone & AC/DC Charger
- Laptop/iPad & AC/DC Charger
- Flashlight with extra Batteries

IMPORTANT DOCUMENTS (Inside Waterproof Bag)

- Health Insurance Card & Other Important Cards
- "In Case of Emergency" Info: Medical History and Contact List (Physicians, Family & Friends)
- Photo Identification (License / Passport)

MONEY (Inside Waterproof Bag)

- Cash: Small denomination bills (\$50 to \$500)
- Coins: \$10 Roll of Quarters
- Checkbook
- Credit Cards

KEEP YOUR CAR READY

- Always keep your gasoline tank at least half full
- Cell Phone Car Charger
- Basic First Aid Kit & Manual
- Basic Emergency Car Tools & Supplies
- Tune into one of the Santa Barbara County **RadioReady** stations for important updates

- | | |
|-----------------------|--------------------------------|
| ▪ 89.7 FM KCLU NPR | ▪ 990 AM KTMA |
| ▪ 90.9 FM KCBX | ▪ 1440 AM KUHL |
| ▪ 95.1 FM KCBX | ▪ 1490 AM KOSJ |
| ▪ 96.7 FM | ▪ 1290 AM KZSB |
| ▪ 99.9 FM KTYD | ▪ 1340 AM KCLU NPR |
| ▪ 101.7 FM KLITE/KSBL | |
| ▪ 102.3 FM KCLU NPR | ▪ 94.5 FM KSPE <i>Spanish</i> |
| ▪ 105.9 FM KRAZ | ▪ 107.7 FM KIST <i>Spanish</i> |