

**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

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|-----------------------|--------------------------------|
| ▪ 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> |