



Block Champion Guide

Neighbors Helping Neighbors



Senior Emergency Go-Bag

In certain emergencies you and your family may need to quickly evacuate your home. Each member of the household should have their own emergency get-away Go-Bag. The following is a list of possible items you may need to evacuate quickly.

- Non-perishable food (dried food, energy bars, etc.)
- Water (1 - gallon per-person per-day; consider a 5-day supply)
- Duct tape
- Emergency whistle
- Flashlight with batteries; lantern with USB port to charge cell phone
- Radio (battery, solar and/or crank powered)
- List of emergency phone numbers
- Photo ID (copy of driver's license, passport, CA ID)
- Copy of important records (birth certificate, lease, will, etc.)
- Personal items and toiletries (eyeglasses, toothbrush, etc.)
- First aid kit and extra medications, Extra medications
- Clothes and sturdy shoes
- Cash in small bills (ATMs may not work after a disaster)
- Maps (local maps)
- NEED HELP/OK Sign – place the OK sign on your front window if all is well, even if you evacuate. Place the NEED HELP sign on your front window if you need assistance.
- Pet needs (food, water, pad, leash, etc)

