

Go-bag activity worksheet

What you will create:

1. An emergency go-bag
2. A simple get-out plan

What you will need:

1. A printer
2. A copy machine
3. A piece of cardboard about the size of a sheet of paper
4. A marker
5. Some post-its
6. A pen
7. Finally, by doing this activity, you will assemble all the materials in annex 1, including lots of supplies, a big duffel bag, cash, etc.

Time required:

12 hours of shopping, assembling, packing and preparing. This will be spread out over the course of a couple weeks as you go shopping and wait for deliveries.

Print and copy

1. Print out this worksheet, including annexes 1, 2, and 3.
2. Make two copies of your passport and the passports of your spouse and kids.

Start your go-bag

3. Find somewhere accessible where you will store your go-bag, like an empty shelf or underneath a bed.
4. Read through annex 1. Mark it up with a pen so that it is adapted to your own circumstances and preferences.
5. Go through your house and collect those items from annex 1 that you already have. Put them all in a big bag like an IKEA bag. Cross off items from annex 1 as you go.
6. When you have collected what you already have at home, put the full IKEA bag on the empty shelf.

Buy missing items

7. Now look at annex 1 and see what is still left on the list. You can probably buy a lot of it at the supermarket. However, you might need to order some specialty items on Amazon.
8. Buy the items that you are missing at the supermarket and other nearby stores.

9. Order whatever is missing over the internet.

Get cash

10. Go to the bank to withdraw cash. Annex 1 says \$1000 but choose an amount based on what you can afford and think you might need. If you're concerned about a currency crash, consider withdrawing some money in a different currency.

Write down key phone numbers

11. Using annex 2, write down key phone numbers and email addresses that might be useful in an emergency. Annex 2 includes some categories to consider, like friends, doctor, insurer, bank, etc.
12. Also on annex 2, write down your passport numbers and government ID number (like your social security number).

Pack your go bag

13. Now that you have collected everything from annex 1 and filled out annex 2, pack everything into packing cubes. Reflect on the things as you pack them up. Does the flashlight work? Do the clothes still fit?
14. Put the packing cubes in a big backpack or duffel bag.
15. Once it's packed, put the backpack on. Walk around the house or around the block to test it out.
16. Store your go-bag in the place you've chosen, like an empty shelf or underneath a bed.

Write your get-out plan

17. Now that you have packed your go-bag, you will use the marker and the cardboard to make a very simple checklist of things to do in an emergency.
18. Draw a line down the middle of the cardboard to make two columns. At the top of one column write "Do" and at the top of the other column write "Bring". See an example in annex 3.
19. On the "Do" column, write down all the things that you would do before leaving the house in an emergency (assuming you had enough time). Start with the most important things (like getting dressed and putting on your shoes). End with the things that would be nice to do if you have time but don't matter as much (like taking out the trash).
20. The same with the "Bring" side. There will be a few items that you use regularly, so they can't be stored in your go-bag but that you nevertheless want to remember in an emergency (like your phone, your wallet, and your passports). Write down all these things from most important to least important. See annex 3 as an example.
21. This piece of cardboard is your get-out plan. You will use it as a checklist in an emergency. Store it with your go-bag.

Note what you're missing

22. Inevitably, some things will be missing from your go-bag or need replacement. Write the missing things on a post-it and stick the post-it on the cardboard get-out plan.
23. At this point, annex 1 is probably full of notes and crossing out. Tuck annex 1 into one pocket of your go-bag to use as an inventory.

Annex 1

Go-bag inventory

Administrative

1. Cash in local currency, \$1000
2. Cash in stable currency (like USD or EUR), \$200
3. Coins, \$2
4. Copy of passports
5. House key spare
6. Key phone numbers (annex 2)
7. Map local
8. Notebook small
9. Paper clips / binder clips (6)
10. Pencil stub
11. Pen
12. Rubber bands (5)
13. Sharpie
14. Sheet A4
15. Stamps, \$5
16. Survival guide or travel reference manual
17. Twisties (5)
18. Bag for administrative

Cleaning

1. Aluminum foil, 1m
2. Garbage bag
3. Mask
4. Paper towels (3)
5. Plastic bags (2)
6. Sponge
7. Washing up liquid (100 ml)
8. Ziploc bags (3)
9. Bag for cleaning

Clothes

per person

1. Beanie
2. Handkerchiefs (2)
3. Long sleeve shirt
4. Long underwear
5. Poncho rain
6. Scarf
7. Sleep sack cotton or silk
8. Socks (2)
9. Sweater wool
10. Tee shirts (2)
11. Towel small or old pillow case
12. Trousers, preferably easy-dry
13. Underpants (2)
14. Bag for clothes

Electronics

1. Earphones
2. Headlight with batteries
3. Headlight batteries spare
4. Mobile phone charging cable
5. Power bank
6. Power bank charging cable
7. Radio with batteries
8. USB car charger
9. USB wall charger
10. Worldwide adaptor
11. Bag for electronics

Fire

1. Cotton balls in plastic bag
2. Flint and steel
3. Lighter
4. Matchbook

5. Strike anywhere matches (2)
6. Tealight candle
7. Bag for fire

First Aid

1. Alcohol swabs (7)
2. Bandage
3. Gauze
4. Latex gloves (6)
5. Masks (3)
6. Pills anti-diarrhea
7. Pills pain reliever (10)
8. Pills prescription
9. Razors (2)
10. Safety pins (3)
11. Scissors
12. Sports tape
13. Tissues
14. Tweezers
15. Bag for first aid

Food

1. Beans can 400ml
2. Bouillon cubes (3)
3. Chocolate 100g
4. Chewing gum
5. Fish hooks (2)
6. Fishing line
7. Knife folding
8. Jägermeister 20ml (3)
9. Peanut butter jar
10. Pot/cup metal 500ml
11. Rice 500g
12. Spoon
13. Teabags (2)
14. Wire
15. Bag for food

Hygiene

1. Antibacterial wipes (3)
2. Floss
3. Glasses spare
4. Hand sanitizer
5. Soap
6. Soap box
7. Tampons
8. Toilet roll
9. Toothbrush per person
10. Toothpaste
11. Vaseline
12. Bag for hygiene

Tools

1. Balloons (2)
2. Blankets lightweight (2)
3. Blanket Mylar emergency
4. Compass
5. Condoms (unlubricated) (2)
6. Duct tape
7. Earplugs
8. Goggles safety
9. Knife folding
10. Leatherman
11. Light stick
12. Mirror
13. Nails and screws (4)
14. Needles and thread
15. Paracord (10m)
16. Plastic bags (3)
17. Screwdriver mini
18. String (1m)

19. Superglue
20. Tent pegs (4)
21. Whistle
22. Wire (200cm)
23. Bag for tools

Water

1. Drain stopper
2. Water 500ml (8)
3. Water filter Sawyer mini
4. Water purification tablets (10)
5. Bag for water

Backup

1. Alcohol swabs (3)
2. Cash in local currency, \$40
3. Flashlight small with batteries
4. Flashlight batteries spare
5. Lighter
6. Matchbook
7. Matches strike anywhere (2)
8. Passport photocopy
9. Swiss Army knife
10. Tealight candle
11. Water purification tablets (10)
12. Whistle
13. Bag for backup

Backpack or duffel bag

Annex 2

Key phone numbers

Name	Phone Number	Email address
(Family)		
(Family)		
(Friend)		
(Friend)		
(Colleague)		
(Colleague)		
(Doctor)		
(Pediatrician)		
(Insurer)		
(Bank)		
(Work)		

Insurance company:

Policy number:

Passport number:

Government identification number:

Annex 3

Get-out plan (on cardboard)

Do:	Bring:
<ol style="list-style-type: none">1. Dressed2. Boots3. Jacket4. Heat5. Stove6. Lights7. Empty fridge8. Trash out9. Close windows10. Water off11. Lock door	<ol style="list-style-type: none">1. Mobile phone2. Passport3. Wallet4. Keys5. Glasses6. Phone cable7. External battery8. Bank passcode device9. Hat10. Scarf11. Snacks and water