

AHA Go Bag (Bugout Bag) Packing List

Use this checklist to build a 72-hour Go Bag for quick evacuations. Each person in your household should have their own kit, packed for mobility and customized to their needs.



Essentials

- ☐ Water (2–3 liters per person)
- ☐ Energy bars or shelf-stable snacks
- ☐ Flashlight with extra batteries
- ☐ First aid kit
- ☐ N95 mask or face covering
- ☐ Multi-tool or pocketknife
- ☐ Phone charger or solar charger
- ☐ Emergency whistle
- ☐ Small battery-powered or hand-crank radio



Clothing & Comfort

- ☐ Lightweight change of clothes
- ☐ Warm layer and rain protection
- ☐ Sturdy shoes
- ☐ Mylar blanket or compact sleeping bag



Documents & ID

- ☐ Copy of ID and insurance card
- ☐ Emergency contact list (written)
- ☐ Cash (small bills)
- ☐ Local map or evacuation map

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Personal Needs

- ☐ Medications (3-day supply)
- ☐ Glasses or contact lens kit
- ☐ Hygiene items (toothbrush, wipes, sanitizer)
- ☐ Baby items, if needed
- ☐ Pet food and leash, if applicable



Additional Notes