**Go Kit for Individuals**

Note: this is meant to be light (under 20 pounds), easy to carry in a small backpack and most useful to help one survive an immediate circumstance and up to a week or so in tough conditions of infrastructure breakdown. Packing of the go kit is important so immediately needed material e.g. escape hoods, flashlight is readily available, while longer term items (e.g. water filter bottle, candle, etc.) are at the bottom.

**Highly Recommended**

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| Backpack to carry this in – 30 L should work – Label with your name and emergency contact (not your own number) |  |
| Flashlight – Headlamp LED type with very long battery life (stored with xtra batteries in tupperware in top pack pocket) |  |
| Leather gloves stored near top of pack |  |
| Small pry bar 12 inch for prying open doors or windows |  |
| First aid kit including trauma gear (See checklist) stored near top of pack in WELL MARKED dry bag |  |
| Ziplock bags, several sizes including gallons |  |
| Folded paper towels in zip lock (as tp or other use) |  |
| Light weight **metal** sierra or similar cup to heat water |  |
| Water filter |  |
| Water Purification Tablets |  |
| Water bottle filled 1 liter (wrapped in duct tape) |  |
| Collapsible camelback type water bag |  |
| Coffee filters for sediment removal |  |
| Compass |  |
| Duct tape (folded for compactness 40 inches or more)) |  |
| Plastic visqueen painter sturdy drop cloth for shelter |  |
| 6-10 power bars or similar |  |
| Fruit leather,  |  |
| Instant coffee ,cocoa, tea bags, pouch of gatorade |  |
| Other nourishing and compact non melt food |  |
| Flat Glasses prescription or reading kind |  |
| Windproof butane lighter, waterproof matches |  |
| Tiny foldable pellet fuel stove with fuel pellets |  |
| Candles (4 votive) |  |
| Waterproof jacket or rain poncho |  |
| Rubber gloves – heavy duty |  |
| N95 dust masks |  |
| Money, credit card, copy of drivers license, insurance card, name of doctor, emergency contact information, key phone numbers |  |
| Spare keys to house and car |  |
| Parachute cord 50 ft |  |
| Small mace for self defense |  |
| Whistle |  |
| Sharpie permanent marker |  |
| Spare Cell phone AA battery adapter |  |
| Small radio handcrank |  |
| Cell phone charge cable – multiple head ) |  |
| Light Running or walking shoes |  |
| Plastic shower caps (free from hotels) |  |
| Zip Ties |  |
| Pile blanket – fold and store in vacuum compress bag |  |
| Small multibit screwdriver |  |
| Small vice grips pliers |  |
| Trash bags Industrial strength) |  |
| Compactor trash bags |  |
| Heatpacks |  |
| Neck gaiter thin |  |
| Drybags lightweight |  |
| Xtra socks in drybag |  |
| Hat for warmth  |  |
| Cap or wide brimmed foldable hat for shade |  |
| Personal Hygiene (keep it simple) |  |
| Feminine products |  |
| Small bar soap |  |
| Small washcloth |  |
| Toothbrush |  |
| Toothpaste small tube |  |

**Optional**

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| --- | --- |
| Tubular webbing for making harness |  |
| Locking carabiner and pulley |  |
| Small bottle, alcohol |  |
| Mace or pepper spray |  |
| Puffy jacket, compressed in drybag |  |
| Hacksaw |  |
| Helmet or hard hat |  |
| Map |  |
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**Go Kit Instructions**

This kit is equipped and organized to do three things. First, survive and escape or help others escape the immediate event. Second, provide immediate first aid to yourself and your immediate loved ones. Third, if need be, take care of yourself and one other person with water, food, shelter, light and warmth for up to 3-5 days or more till you can get to longer term shelter and care. It’s long on equipment and food should take up only a small amount of space.

**Immediate Needs:** The kit is organized with things you will need immediately in the outermost and top compartments. This includes:

* Side Pouches: Leather gloves, water bottle
* Outer top Pocket: Multi-tool/Knife, Headlamp, Lighters, n95 surgical mask, plastic shower cap for warmth and to keep head dry in rain
* Strapped on or attached outside, pry bar
* Inner First Aid kit near top, poncho, food, Firestarter etc.

**First Aid:**  At the top inside of the pack is a first aid kit. Contents of that are listed inside the kit and on page 3 below. Note that this is not your typical first aid kit with little bandaids and bee sting stuff. It’s meant to help you deal with more significant injuries so it has surgical gloves, two squirt bottles of water for cleaning wounds, a fair bit of gauze pads, some wrapping material to hold dressings in place or splint an injury, small surgical scissors, forceps for removing debris.

**Flashlight/Headlamp:** Put this into a very small Tupperware container with fresh batteries inside and three properly sized additional batteries in addition. Put it in the tupperware to protect against accidently pressing the on switch and depleting the batteries.

**Longer term gear:**

**Shelter:** In the main inner pack largest pocket near the back have either a blue tarp or plastic sturdy painter tarp. At the bottom of that pocket is 50 feet of parachute cord to string up the tarp for shelter.

**Poncho:**  In the pocket with the blue tarp are two inexpensive but sturdy (not the flimsy disposable) plastic ponchos.

**Heat:** At the very bottom of the pack is a Tupperware containing a tiny tablet cook stove with spare fuel and lighter. You can use this to heat water in the Metal Cup that is right beside it in the pack. Just unfold the stove, put a tablet on the base, light a corner of the tablet with the lighter, put the cup full of water above it and in a few minutes the water will be nice and hot. Each fuel tablet last long enough to boil the cup full of water to purify it or to warm you up. Do not use this in a fully enclosed space like a car unless you have a window open to let air in and out.

**Water purification.** Near the bottom of the main pack is water purification gear. This includes a small water filter, water purification tablets, and coffee filters that you can use as the first stage to get out grit and sediment. Simple instructions for how to use all this are included with the set up.

**Communication, light and charging:** A crank/battery powered light, radio and USB phone charger is above water kit. It’s kept in its original cardboard box for protection against breakage and it should be kept near the front of the pack to protect against impact. Have a multihead0, i.e. applie, USB 2 & 3 cable to go with the charger.

**Miscellaneous Included:**

Zip ties

Duct Tape wrapped around the water bottles

Spare batteries

Paper towels in zip lock (These are provided instead of toilet paper because they’re much more durable and can be used for other things)

Sharpy

Whistle clipped on to shoulder strap of pack for ready use

**Miscellaneous you should provide:**Money

List of phone numbers and addresses

Glasses

Medications

Thin Neck gaiter

Personal hygiene, including feminine products, but very basic, small soap, toothbrush,

Comfortable lightweight walking shoes

**Food** (You provide this):

Food should be compact, non-perishable, not easily broken, high in calories, not require cooking.

**First Aid Kit**

The assumption here is that this is for very very urgent situations (e.g., severe open wounds and pain). In lieu of medical tapes, duct tape would be used, in lieu of splints etc. available materials.

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| Personal medications |  |
| Pain meds, mild and severe |  |
| Small flat reading glasses or prescription glasses |  |
| 6-8 pairs surgical gloves |  |
| Alcohol wipes |  |
| Bicycle tubing for tourniquet or specialty tourniquet |  |
| Wound cleanser spray bottle with purified water |  |
| Sanitary pads for wound dressing or large absorbent pads |  |
| Bandaids multiple sizes including very large ones |  |
| Antibiotic ointment, small tube or small squeeze packs |  |
| Tweezers |  |
| Blood clotting bandages  |  |
| Lots 5-10 of gauze pads for cleaning wounds |  |
| Lots of 5-10 Gauze bandages, multi sizes for wound covering |  |
| Rolls 1-2 of self sticking cohesive wrap |  |
| Roll of adhesive tape |  |
| Small, light surgical scissors |  |
| Moleskin for blisters |  |
| Superglue for closing wounds (do not cover with gauze after use) |  |
| Glucose tabs |  |
| Salt – get mini packets from fast food place, store in zip lock |  |
| Sugar - Use the mini sugar packets, store in zip lock |  |
| Vaseline 1 or 2 in small squeeze packs |  |
| Cold packs?? |  |
| Surgical Mask |  |
| Safety pins various size for, multiple uses |  |
| Tongue depressors |  |
| Thermometer |  |
| Plastic shower caps – free ones from hotels  |  |
| Silver mylar survival blanket |  |
| Small sewing kit with needles and thread |  |
| Fingernail clippers |  |
| Chap stick or other small lip balm spf 15 or more |  |
| Sharpie  |  |
| Whistle |  |
| Butane lighter |  |
| Small pencil and small waterproof note pad or pages |  |
| Small roll dental floss |  |
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| **Recommended General OTC Medications** |  |
| Aspirin |  |
| Ibuprofen (Advil) |  |
| Pseudoephedrine (for congestion but also awake) |  |
| Benadryl – for allergy and stings but also sleep |  |
| Tylenol  |  |
| Pepto Bismol tablets |  |
| Tums or generic antacid |  |
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| **Medicines RX** |  |
| Muscle Relaxant |  |
| Antibiotic e.g. z pac, cipro,  |  |
| Nitroglycerine |  |
| Anti-giardia antibiotics |  |
| Serious pain medications |  |
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| **Personal Medications** |  |
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