

Lifeline

Be Prepared

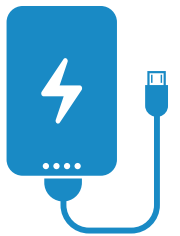
What to Put in Your Emergency Go-Bag

Every 8 minutes, Red Cross volunteers across the country respond to disaster events like earthquakes, floods or house fires¹. “Research from the Red Cross Scientific Advisory Council and the American Academy of Nursing shows us that older adults are often more vulnerable and experience more casualties after a natural disaster or emergency,” notes Meg Rossman, regional communications manager for the American Red Cross of Western New York. One way to help reduce the risks associated with disaster is to create an emergency kit in advance.

Your Emergency Go-Bag Checklist

The Federal Emergency Management Agency suggests packing these items and other supplies in airtight plastic bags and stored in a larger tote or duffel bag²:

- Cell phone with charger and a backup battery or solar charger
- Masks, soap, hand sanitizer, disinfecting wipes
- An updated list of emergency contacts, and phone numbers for your primary care physician, pharmacist and your pet’s veterinarian
- Important documents — saved electronically or in a waterproof, portable container — including copies of government-issued ID, insurance policies, bank account records
- Hearing aids, medical alert devices, prescription eyeglasses, contact lenses and solution
- 1 gallon of water per person and per pet, plus energy bars and pet food
- Solar, battery-powered or hand-crank radio and a NOAA Weather Radio with tone alert
- Prescription and non-prescription medications for you and your pet
- Flashlight and extra batteries
- Small first aid kit
- Whistle or other device to signal for help
- Wipes and ziptop bags for personal sanitation
- A thermal/survival blanket
- Cash or pre-paid debit cards



To be prepared for extended time away from home, you might also pack the following in an easy-to-carry container or suitcase labeled with your name and contact information:

- 1 gallon of water per person and per pet per day for several days
- 3-day supply of non-perishable food and a can opener per person and per pet
- A complete change of clothing and sturdy shoes appropriate for your climate

An emergency go-bag is like an insurance policy. We hope we don’t have to use it, but we like knowing it’s there. And because time is short when disaster strikes, having your go-bag ready saves precious seconds that could help keep you safe. Build your go-bag today!

Philips Cares Can Help

Philips Cares, included with a Lifeline subscription, connects you with your care circle. You can check on each other, share notes and have always-on access to your personal care plan. [Learn more about Philips Cares.](#)



¹ <https://www.redcross.org/about-us/our-work/disaster-relief.html>

² <https://www.ready.gov/kit>