

## Appendix G: Get Home Bag Checklist



Excerpt from *Prepared Neighborhoods*  
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A Get Home Bag is a version of your Go Bag stored at your workplace; its purpose is to assist you to get back home, just one time, without access to your normal means of transportation. Store this backpack at your desk; do not assume you will have access to your vehicle or other areas of your workplace.

- Ergonomic small/medium sized backpack to hold items
- Water bottle: rotate fresh water monthly
- Water purification method: purification tablets, hyper-oxygenation drops
- Food: lightweight, nutrient dense food (energy bars)
- FRS or GMRS two-way radio with instruction manual
- Two flashlights (one handheld, one headlamp) with extra batteries stored exterior to flashlight
- Small first aid kit, supplemented with Celox, trauma pads, athletic tape, small bottle of Betadine, and disposable gloves
- Signal whistle
- Lighter or waterproof matches
- N95 or P100 mask
- Backup glasses, contact lenses with solution, hearing aids with batteries
- Sanitation: toilet paper, moist towelettes
- Personal hygiene and comfort items: menstrual products, lip balm, pain relievers
- Pocket knife
- Work gloves
- Cell phone battery backup: recharge per instructions
- Two Mylar blankets and duct tape to make your own emergency version bag
- Tarp with 100' paracord to secure it overhead; second ground tarp
- Sturdy shoes (leave your fancy work shoes at work)
- Complete change of sturdy clothing including a long sleeved shirt, long pants
- Two pairs of socks
- Eye protection: sunglasses, safety goggles, and hat
- Weather protection: rain poncho or shell jacket, sunscreen, cold weather jacket
- Regional map with possible "get home" routes marked
- Notebook and pencil
- Important documents on a USB thumb drive.
- Sillcock water key