

A College Student's Go Bag

Note: "Go Bag" needs will vary according to evacuation plans and environments to be encountered. Plan bag contents accordingly but do not discount the fact that the best-laid travel plans may fall apart, requiring a student to be resourceful and well prepared for a variety of scenarios. Having a Plan A (for getting home) and a Plan B (for harboring in a safe place that's easier to reach) is advisable.

Bag Choices:

Rolling bag, large duffel bag, backpacking pack - consider possible routes and circumstances in choosing bag type

Don't forget:

- Wallet with ID, credit/debit cards
- Vital papers
- Cell phone
- Seasonal outerwear

Keep in the bag:

- Go Plans A, B, and C with Essential Contacts (Develop fill-in-the-blank form.)
- Maps needed for Plans A, B, & C. Put these in the gallon sized Ziploc bag, too. Handheld GPS helpful, but requires batteries, so maps are backup.
- Emergency cash (in small bills)
- Pad of large post-its or a small notepad, pencil and/or Sharpie (for notes and paper trail re whereabouts, left at points along the journey)
- Survival Guide (Suggestion: bookmark essential information in advance.)
 - *Surviving A Disaster, Evacuation Strategies and Emergency Kits For Staying Alive*, by Tony Nester (64 pages, succinct guide

to essentials, with a focus on bugging out)

- *Survival: A Manual That Could Save Your Life* by Chris Janowsky. (208 pages, covers essentials effectively, especially for colder climates)
- *How to Survive Anything, Anywhere: A Handbook of Survival Skills for Every Scenerio and Environment*, by Chris McNab (320 pages, covers all environments, best illustrations)
- *When All Hell Breaks Loose: Stuff You Need to Survive When Disaster Strikes*, by Cody Lundin (450 pages, detailed, matter of fact, entertaining)

Note: Keep all documents in a 1-gallon Ziploc bag so that they will stay dry.

- Cell phone crank charger with correct adapter for current cell phone
- Small emergency crank radio
- Flashlight or lantern (crank-style or pack extra batteries)
- Folding knife or multi-tool
- Sunglasses
- Folding binoculars
- Whistle
- Compass (Look for whistle/compass combinations.)
- Mirror (compact)
- Watch
- Fishing line, hooks, weight and bobber, lures suited to the area, and one small can of whole kernel corn if in crappy/bluegill country
- Camp saw or hacksaw and/or hatchet
- Work gloves

- Change of clothes (think layers) and walking shoes
- Extra socks and underwear (4 pairs)
- Strong, thin rope, such as nylon paracord and/or nylon twine
- Two lawn-sized garbage bags or barrel liners (for rainwear or keeping sleeping bag dry)
- Tarp or backpacking tent if student may have to bike or walk some manageable distance.
- Clear plastic sheet and aquarium tubing (for solar still, include directions)
- Two drawstring tall kitchen garbage bags
- Blanket or backpacking sleeping bag
- Space blanket(s)
- Water disinfection tablets or a small bottle of iodine (with instructions)
- Sturdy water bottle or canteen with wide mouth for easier cleaning (2 recommended)
- Box of gallon-sized Ziploc freezer bags for water collection and other uses
- Duct tape - travel-sized roll or partly used roll is best, to save space and weight.
- Nonperishable high energy foods - Crackers, peanut butter, single-serving jellies, dried fruits, trail mix, candy (M&Ms, jelly beans, hard candy), muesli or granola, instant oatmeal, instant rice, dry soup mixes, cocoa mix, tea bags, coffee, powdered milk, Tang. MREs or Mountain House meals offer another alternative.
- Matches (in Ziploc bag), lighter, Blastmatch, or other firestarter (not to be used in dorm)
- Heat Cell or EcoFuel (not to be used in dorm, but safe to use indoors, 1-2 cans), plus fold down cook stand.
- Also consider - minimum fuel camp stove plus fuel
- Mess kit (Cooking pot with lid, camp plate, cup, utensils)
- Small travel bottle of dishsoap or dish wipes
- Small pack of hand wipes or baby wipes
- 2 camp towels (one for body, one to dry dishes),
- 2-4 prewashed bandanas (multiple uses - washcloth, folded for potholder or water filter, headband)
- Travel-size soap, shampoo, toothpaste, toothbrush
- Roll of toilet paper
- Tampons and sanitary pads (women)
- Insect repellent
- Sunscreen
- Travel sewing kit, safety pins
- Basic first aid kit, including wrap and adhesive bandages, padded dressings, antiseptic, butterfly bandages, medical tape, tweezers and scissors.
- Medications (OTC and prescription)
- Latex or nitrile gloves (5 pairs)
- N95 masks and fit instructions (5+)