



# SAFETY TIP

Information from LISTOS and Martinez Area CERT

## Pack a GO Bag

Most disasters are unexpected and happen fast. Have your Go Bag ready for when you must leave home in a hurry. Pack one Go Bag for each member of your household. Pack up important items now, so you and your family will have what you need later. Use a duffle bag or backpack to hold your items. Keep your Go Bags in an easily accessible place. Take your portable computer with you if you have one. Always know where your keys, wallet, cell phone and charger are located and be ready to grab them on your way out. Download the [Listos Disaster Guide](#) for more information.

### Have a Go Bag for each family member with *at least*

- Weather resistant jacket, socks, closed toed shoes, long pants, long-sleeved shirt, hat and gloves, and emergency blanket
- Snacks and water
- N95 masks
- Medications for one week
- Flashlight with extra batteries
- Spare eyeglasses and sunglasses

### Other items to add to your Go Bag (*adjust for your unique needs*)

- Copies of your identification and insurance documents, important medical information, documents that are important to you
- Map marked with routes out of your neighborhood
- Cash. Small bills – \$1s, \$5s, and \$10s - add to the stash over time
- Multi-tool, whistle, lighter, extra charging cord for your phone
- Small first aid kit
- AM/FM radio with extra batteries
- Snacks – power bars are a good choice
- Containers of water. Plastic should be replaced every 6 months.
- Your contact list - use the one on the back of this flyer
- Photos of family and you with your pets

✓ TIP - You can keep a digital copy of all papers and photos on a flash drive!



Pack Go Bags for each family member



Adjust your items to suit your unique needs



Visit Martinez Area CERT Resources page



For more preparedness information and free training classes visit your Martinez Area Community Emergency Response Team (CERT) at [martinezcert.org](http://martinezcert.org)



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## Connect

Think about who you want to connect with during an emergency. These may be family, neighbors, friends, or caregivers - write down contact information to keep in your Go Bag. Include home, work, school, and other numbers. You should also pick one person, outside the area where you live, who won't be affected by your local disaster. This person could act as a central contact hub for you and your family.



### EMERGENCY CONTACTS

CONTACT NAME	CELL PHONE
_____	_____
WORK/SCHOOL	HOME PHONE
_____	_____
ADDRESS	EMAIL
_____	_____

CONTACT NAME	CELL PHONE
_____	_____
WORK/SCHOOL	HOME PHONE
_____	_____
ADDRESS	EMAIL
_____	_____

CONTACT NAME	CELL PHONE
_____	_____
WORK/SCHOOL	HOME PHONE
_____	_____
ADDRESS	EMAIL
_____	_____

OUT OF AREA CONTACT NAME	CELL PHONE
_____	_____
WORK/SCHOOL	HOME PHONE
_____	_____
ADDRESS	EMAIL
_____	_____