72-HOUR GO-BAG CHECKLIST

Cascadia Ready Radio | cascadiareadyradio.com

"Be ready at home. Be ready to help."

This is your minimum grab-and-go kit — the bag that's already packed and ready when you have two minutes, not twenty. If you have more time to evacuate, there's more you can take. We'll cover that in a future episode.

Every person in your household gets their own bag. Adults carry a full bag — documents, supplies, and emergency plans. Older kids and teens carry as much as they reasonably can. Young children have a small backpack a parent grabs on the way out. **Originals stay home** in a fireproof safe or safe deposit box — your bag carries copies. Note: a fireproof safe may survive a fire but not a flood. A safe deposit box is offsite and survives both — consider your local risks.

HOUSEHOLD	DATE PACKED / REVIEWED	BAG OWNER

DOCUMENTS & EMERGENCY PLANS ★

Copies only — originals in a fireproof safe or safe deposit box.

Three layers: physical copies in waterproof pouch + USB stick + cloud backup.

Identity

- ☐ Photo IDs / driver's licenses — all adults
- ☐ Passports — all household members
- ☐ Social Security cards — all household members
- ☐ Birth certificates — all household members
- ☐ Marriage license / divorce decree
- ☐ Kids' school records
  Immunizations, IEPs if applicable

Home & Financial

- ☐ Homeowner's or renter's insurance policy
- ☐ Auto insurance cards + policy documents
- ☐ Health insurance cards + policy info
- ☐ Life insurance policies
- ☐ Home deed or lease agreement
- ☐ Vehicle titles
- ☐ Bank account info
  Institution names + account numbers — not passwords
- ☐ Cash — small bills ($20s and smaller)
  Enough for 2–3 days of expenses

Legal

- ☐ Trust documents
- ☐ Will / advance directive
- ☐ Power of attorney documents

Medical Records

- ☐ Medical records for ongoing conditions

HEALTH & MEDICAL ★

Talk to your doctor or pharmacist about an emergency medication supply.

- ☐ Small first aid kit
  Bandages, gauze, antiseptic wipes, medical tape
- ☐ OTC pain reliever + antihistamine
- ☐ Prescription medications — 3–5 day supply minimum
  Non-negotiable if you take daily medications
- ☐ Emergency medications
  EpiPen, nitroglycerin, etc. — whatever applies
- ☐ Glasses / contacts + solution

COMMUNICATION & POWER

Keep your power bank charged. NOAA radio works when nothing else does.

- ☐ Phone + charging cable
- ☐ Fully charged portable power bank
  Large enough for multiple phone charges
- ☐ NOAA weather radio — battery or hand-crank
  Works when cell and internet are down
- ☐ Extra batteries — correct sizes for all devices
- ☐ Headlamp + extra batteries
  Hands-free is better than a flashlight

CLOTHING & TOILETRIES

- ☐ 2 changes of clothes — comfortable, weather-appropriate
- ☐ Extra underwear + socks — 2–3 pairs each
  People always forget socks
- ☐ Sturdy, comfortable walking shoes
- ☐ Rain jacket or poncho
- ☐ Toothbrush + toothpaste
- ☐ Soap / body wash — travel size
- ☐ Deodorant
- ☐ Hand sanitizer

- [ ] Vaccination records — all household members
- [ ] Written medication list + dosages — all household members

Digital Backup

- [ ] USB stick with digital copies of all documents above
  Plug into a tablet to access anywhere — tablet recommended over laptop
- [ ] Cloud backup folder set up and current
  Google Drive, iCloud, or similar — accessible from any device with internet

Emergency Plans

- [ ] Family Communications Plan — full PDF
  Download at cascadiareadyradio.com
- [ ] Family Communications Plan — laminated card
  Download at cascadiareadyradio.com
- [ ] Home Evacuation Plan
  Coming soon at cascadiareadyradio.com

WATER & FOOD

You can go 3 days without food — but pack something, especially for kids.

- [ ] Filter water bottle
  LifeStraw, Grayl, or similar
- [ ] 2–3 bottles of water to start
- [ ] Granola bars, protein bars, energy bars
- [ ] Nuts, dried fruit, trail mix
- [ ] Crackers or shelf-stable snacks
- [ ] Something you actually enjoy eating
- [ ] Dietary-specific items if needed

PET SUPPLIES

Not all emergency shelters accept pets — research options now.

- [ ] Pet food — 3-day supply
- [ ] Collapsible water bowl + water
- [ ] Pet medications
- [ ] Vaccination + vet records
  Many shelters require these
- [ ] Leash, collar with ID tag, or carrier
- [ ] Photo of you with your pet
  In case you get separated
- [ ] Vet name + contact info written down
- [ ] Pet-friendly shelter or boarding options written down

- [ ] Feminine hygiene products
  If applicable
- [ ] Any personal care items you use daily

EVERYDAY ESSENTIALS

- [ ] Keys — car and house
- [ ] Notebook and pen
- [ ] Cash
  Each adult carries some independently

KIDS' BAGS

One bag per child — age-appropriate. A parent grabs young children's bags on the way out.

- [ ] Laminated ID card
  Child's name, parent contact numbers, home address, out-of-area contact name + number, both meeting places — complete enough for any first responder to act on
- [ ] Change of clothes (2 days) + extra socks + underwear
- [ ] Rain jacket or poncho
- [ ] Snacks they like
- [ ] Water bottle
- [ ] Any medications they take
- [ ] Headlamp
- [ ] Comfort item
  Small stuffed animal, familiar book — pack it without apology
- [ ] Small activity
  Coloring book, card game, or similar

IF YOUR BAG HAS ROOM — or you have a few extra minutes

This checklist covers your minimum grab-and-go kit. Everything below is a bonus — useful if space and weight allow, or if you have a little more time. A future episode will cover what to take when you have 30 minutes, not 2.

Technology

- ☐ Tablet
  Cheap, lightweight, and purpose-built for this — access your USB stick and cloud docs from anywhere. Easier to keep current than a laptop.
- ☐ External hard drive or second USB stick
  Backup to your backup
- ☐ Earbuds or headphones
  Especially useful for kids at a shelter
- ☐ E-reader
  Lightweight, hours of reading for adults and kids

Medical & Special Needs

- ☐ Extra eyeglasses
  If you have a backup pair
- ☐ Hearing aid batteries
  If applicable

Extended Stay

- ☐ Laundry detergent pods
  Useful if you end up at a hotel for several days
- ☐ Lightweight packable tote bag
  Handy once you're settled at a shelter or hotel

BAG REVIEW LOG — Check your bag when the clocks change (twice a year)

- ☐ Check food + medication expiration dates — rotate and replace
- ☐ Confirm clothes still fit
- ☐ Verify cash is still in the bag
- ☐ Verify cloud backup folder is current and accessible
- ☐ Top off the power bank
- ☐ Update document copies if anything has changed
- ☐ Check USB stick files are current

★ *Priority categories — start here if building your bag in stages.*