There are a lot of different things you can put on your bug out bag list and there’s not really one list of contents that you should follow. Each item in your kit will depend on your skill set and what you’re trying to prepare for. It’ll also change depending on your region, the season and how likely it is that you’ll have other gear available to you while you’re out.

MUST HAVES for the Cary GO Team

* GO Team Bag Documents – ZIP file from our website at carycert.org > Docs > Reference Material
* 1st aid kit, medical supplies, gloves
* CERT vest – Yellow (Does not need to say Cary, but does need to say CERT)
* ID Badge with up-to-date stickers
* flashlight
* gloves: utility, Nitrile, hand warmers
* hats: hard, CERT hat (must have the hard hat – the soft hat is optional)
* safety goggles
* whistle
* writing utensil (pen/pencil/markers/crayons)
* duct tape

Here is just a sampling of things you might want to consider putting in your emergency kit.

* batteries
* carabineers
* CERT pocket operations guide
* charger
* compass
* emergency blanket
* food: snacks, 5 hr energy drink, etc.)
* jacket
* mask: respirator, dust
* personal toiletries (toothbrush, toothpaste, chapstick, toilet paper, sun tan lotion, bug spray, tissues, hand sanitizer, wet ones, medication, sun glasses, reading glasses, etc.)
* poncho/rain suit
* protective gown
* pulse oximeter
* ropes bright colored (para cord)
* search light
* spare clothes
* Swiss army knife
* tape: caution tape, duct tape
* tool to cut seat belts (bench.made.com)
* tools: 4 n 1, adjustable wrench, hammer, etc.
* UV water purifier (Steripen/Adventure opti)
* walking stick
* water proof pen, paper, etc.
* zip ties

Other ideas we’ve heard over the years:

* personnel carriers
* tourniquets
* clip boards
* quickclot
* solar chargers
* bandanas
* water filtration
* can openers
* battery-free weather radio
* cell phone cable and adapter
* wet naps
* ice packs
* medicines
* telephone numbers
* important paperwork
* cash
* matches and lighter (waterproof container)
* games/activities for entertainment
* high-energy foods (nuts, granola, crackers, peanut butter)
* maps
* umbrella
* photos of pets/family members for identification
* extra glasses
* extra keys to hous and vehicle
* camping cook set
* glow sticks
* tent
* sleeping bag
* belt
* krazy glue
* nail clippers
* tweezers
* hand shovel
* calling card
* garbage bags
* inventory list of what is in your kit(s)

Where to look on the Web for ideas:

* <https://propacusa.com/cert-supplies/>
* <http://www.foresightph.com/uploads/1/9/2/6/19269925/checklist_go_bag.jpg>
* <https://graywolfsurvival.com/3089/graywolfs-bug-bag-list-contents/>
* <https://www.skilledsurvival.com/free-bug-out-bag-checklist/>
* <https://unchartedsupplyco.com/blogs/news/bug-out-bag-checklist>
* <https://www.thebugoutbagguide.com/bug-out-bag-list/>
* <https://www.primalsurvivor.net/3-day-bug-out-bag/>
* <https://www.cdc.gov/ncbddd/hemophilia/documents/familyemergencykitchecklist.pdf>
* <http://www.readyshelby.org/first-steps/pack-a-go-bag/>
* <http://www.prepperssurvive.com/bug-out-bag-checklist/>