

GO BAG CHECKLIST

A civil evacuation bag: a shelter, a relative, a hotel. Cross out what does not apply to you before you pack.

STATE OF EMERGENCY

state-of-emergency.com

ONE BAG PER PERSON, PLUS ONE SHARED BAG

EACH PERSON CARRIES

- ☐ Water for the trip, and a way to refill it
- ☐ Food that needs no cooking, for a day
- ☐ A change of clothes, and sturdy closed shoes
- ☐ A warm layer and a rain layer, for this season
- ☐ Medication for several days, and the written medication list
- ☐ Phone charger and a charged power bank
- ☐ A torch and spare batteries
- ☐ Copies of ID, and the contact card
- ☐ Cash in small notes
- ☐ Toothbrush, soap, and personal essentials
- ☐ For a child: one comfort item, chosen by them

ADD YOUR OWN

THE HOUSEHOLD SHARES

- ☐ The documents folder, and the encrypted drive
- ☐ A first aid kit
- ☐ A battery or hand-crank radio
- ☐ Spare phone cables and a multi-port charger
- ☐ An emergency blanket or sleeping bag per person
- ☐ Pet food, a leash, a carrier, vaccination records
- ☐ Wet wipes, bin bags, and a roll of tape
- ☐ Spare car and house keys

Weight before contents. Pack it, then carry it around the block. What comes out afterwards was never going to travel with you anyway.

ADD YOUR OWN

THE FIFTEEN-MINUTE PACK DRILL

run it once with a timer

MINUTES 0–5

Each person collects their own clothes, shoes, medication and charger. No decisions, just gathering.

MINUTES 5–10

One person handles the shared bag: documents, first aid, radio, pet gear.

MINUTES 10–15

Everything goes to the door, gets lifted, and gets carried to the car or the foot of the stairs.

WHAT TO CHECK, AND HOW OFTEN

Medication	Dates, and that it matches the current prescription	Twice a year
Water and food	Dates, seals, leaks	Once a year
Batteries, power bank	Charge level, corrosion	Twice a year
Clothes and shoes	Still fit, right season	Once a year, and after a growth spurt
Documents	Nothing expired, nothing superseded	Once a year

FILL THESE IN ONCE

THIS BAG BELONGS TO	PACKED ON	NEXT CHECK DUE

Check: medication and batteries twice a year, everything else once a year, and immediately after anyone borrows something from the bag. Keep the bag by the door or in a hall cupboard on the way out — not in a loft, not behind the bikes in the garage.