

## Go Bag Essentials

bottle of water	food (protein bar, trail mix)
Phone charging cable	poncho or rain jacket
printed and laminated map of the area	first aid kit
change of clothes	compass
fixed-blade knife	rope
mess kit	toilet paper
duct tape	aspirin and similar OTC meds
flashlight + batteries	hand-crank radio
hygiene kit (toothbrush, toothpaste, floss)	multi-tool
whistle	heavy-duty work gloves
insect repellent	bivvy mess kit
N95 respirator	printed documents
fire starter	sunscreen
cash	fishing kit
sleeping bag	1-person tent
Superglue	emergency radio
duct tape	Fresnel lens or mirror
water purification tablets	warm gloves or mittens (if applicable)
Paracord	tarp
pepper spray	hand sanitizer
personal water filter	hand-crank