ON THE MOVE

Get Home Bag Checklist

A Get-Home Bag is a version of your Go Bag stored at your workplace; its purpose is to assist you to get back home in an emergency when you don't have access to your normal means of transportation. Store this backpack at your desk; do not assume you will have access to your vehicle or other areas of your workplace.

- [ ] Small/medium-sized backpack to hold items.
- [ ] Water purification bottle, a Nalgene bottle with purification tablets, or a LifeStraw.
- [ ] Food: lightweight, nutrient-dense food such as energy bars.
- [ ] Two-way radio (store batteries separately).
- [ ] Two flashlights (one handheld, one headlamp) with extra batteries stored separately.
- [ ] Small first aid kit, supplemented with a quick clot agent, trauma pads, athletic tape, Betadine, and disposable gloves.
- [ ] Signal whistle.
- [ ] Lighter or waterproof matches.
- [ ] P100 mask (wildfires) and a KN95 mask (medical).
- [ ] Backup glasses, contact lenses with solution, hearing aids with batteries.
- [ ] Personal hygiene and comfort items: menstrual products, lip balm, pain relievers.
- [ ] Sanitation: toilet paper, hand sanitizer, moist towelettes, two trash bags, five large zippered bags, and plastic zip ties.
- [ ] Pocket multi-tool knife.
- [ ] Work gloves.
- [ ] Cell phone with chargers, battery backup, and/or solar charger.
- [ ] Two Mylar blankets and duct tape to make your own emergency bag.
- [ ] Tarp with 100-foot (30 m) paracord to secure it overhead.
- [ ] Sturdy shoes (leave your dressy work shoes behind).
- [ ] Complete change of sturdy clothing including a long-sleeved shirt and long pants.

- [ ] Two pairs of socks.
- [ ] Eye protection: sunglasses, safety goggles, and hat.
- [ ] Weather protection: rain poncho or shell jacket, cold weather jacket.
- [ ] Sunscreen and bug spray, depending on your bioregion.
- [ ] Regional map with possible “get home” routes marked.
- [ ] Notebook and pencil.
- [ ] Important documents on a USB thumb drive.