

# GO-BAG IDEAS

## Donna Buck

### Jeppgroup.org



# FOOD



Emergency Food Ration  
Bars, PDQ

**Walmart**  
**\$8.00**



Granola Bar

**Any**  
**Grocery**  
**Store**  
**\$1**



**Spork Outdoor Multi Tool:**  
**Eat'N Tool Durable and**  
**Lightweight Metal**  
**Multitool for Camping,**  
**Hiking, Backpacking and**  
**Outdoors Activities**

**Amazon**  
**\$6.74**

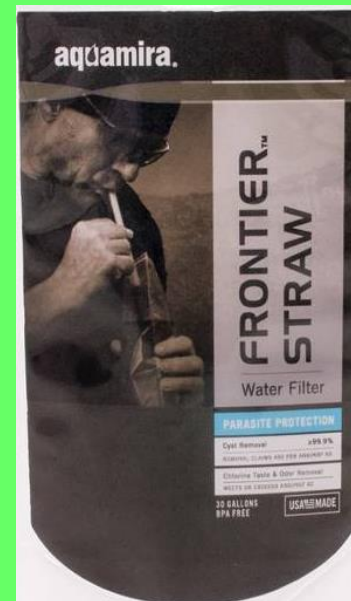
# WATER OR FILTER



LifeStraw  
Personal  
Water Filter  
for Hiking,  
Camping,  
Travel, and  
Emergency  
Preparedness  
**Amazon**  
**\$19.95**



Sawyer Products Mini  
Water Filtration System  
**Amazon**  
**\$19.97**



Frontier Water Filter  
[proshop.safetyoneinc.com](http://proshop.safetyoneinc.com)  
**\$11.99**



# FIRST AID SUPPLIES



**Amazon  
\$16.99**

**Amazon  
\$14.08**

**Amazon  
\$8.93**

# TOOLS and SUPPLIES



5 Pack Mini  
Flashlight Cree Q5  
LED Torch 7w 300lm  
Adjustable Focus  
Zoomable Light  
**Amazon**  
**\$16.99**



CERT Field  
Operator's Guide  
**Amazon**  
**\$8.89**



Emergency Hand  
Crank Solar Self  
Powered NOAA AM  
FM Radio with LED  
Flashlight, Phone  
Charger  
**Amazon**  
**\$23.99**



5 in 1 Survival  
Whistle  
**Amazon**  
**\$4.99**



# CLOTHING and BEDDING



Emergency Sleeping Bag with Drawstring Carrying Bag

**Amazon**

**\$9.03**



Emergency Mylar Blankets (space blankets)

**Amazon**

**\$1**



Survival Poncho

**Amazon**

**\$7.26**



8x5 Survival Tent

**Amazon**

**\$9.95**



Emergency Poncho

**Amazon**

**\$2.73**

# SPECIAL ITEMS



**Survival Playing Cards**

**Amazon**

**\$7.99**

# 30 Days On Our Own

[Jeppgroup.org](http://Jeppgroup.org)

## 30 DAYS ON OUR OWN

### DISASTER PREP SUPPLIES

There are six categories of items you should have in your home:

- ❖ Food,
- ❖ Water,
- ❖ First aid supplies,
- ❖ Clothing and bedding,
- ❖ Tools and emergency supplies,
- ❖ And special items.



Keep the items that you would most likely need during an evacuation in an easy-to-find or easy-to-carry container, such as a large, covered trash container, a backpack or a duffle bag. There are many lists on the internet but the following examples are "FOOD FOR THOUGHT".

### FOOD FOR 30 DAYS

Store a 30-day supply of non-perishable foods that require no refrigeration and little or no water, preparation or cooking. If you must heat food, pack a few cans of sterno. Select food items that are compact and lightweight. Include a selection of the following foods in your Disaster Supplies:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples – salt, sugar, pepper
- High energy foods – peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Food for infants, elderly persons, or those with special diets
- Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

