

CERT Monthly Safety Tip

Hurricane "Go Bag"

A duffel bag on wheels or backpack is an ideal "Go Bag". Be sure to keep it easily accessible and ready to go with:

- Nutrient-dense foods, such as protein bars, instant oatmeal, nuts, seeds and other non-perishables
- 1 gallon of water per person, per day
- Manual can opener and utility knife
- Prescription medications 2-week supply
- First aid kit
- Warm and waterproof layer of clothing
- Warm blanket or sleeping bag
- Phone charger, flashlight, hand-crank NOAA radio and extra batteries
- Cash for food, gas, essentials
- Waterproof holder for driver's license, Medicare and SS card, passport, bank cards, emergency contacts, insurance papers, and important medical information
- Whistle and/or distress flag
- Pet food, medications and crate, if applicable Pack your "Go Bag" now and check it several times during hurricane season. It's never too early to get ready