MAINE PREPARES

ITEMS FOR YOUR *GO BAG*

Keep these items in your Go Bag, ready for any emergency:

List of your Emergency Contacts, including a phone number for an out-of-state contact

Three-day supply of medications, and copies of your prescriptions

List of personal medical information and medications, including any drug and/or food allergies

Bottle of water

Snacks (that will not spoil)

Flashlight

Extra batteries (for flashlight, hearing aids, etc.)

First Aid Kit

Whistle, horn, beeper or other device to signal for help

Photocopy of personal identification (driver's license, state ID, etc.)

List of model and serial numbers of any personal assistance equipment (pacemakers, hearing aids, communication devices, scooter, wheelchair, batteries, etc.

Assistive items needed for eating or drinking (spoons, straws, etc.)

ITEMS FOR YOUR *GO BAG*

You may want to add these items also:

Pictures of your family/friends to have with you if you must be away from home

Personal memento/comfort item (stuffed animal, book, etc.)

Extra pair of glasses or contact lenses (with cleaning solution), and/or other vital personal items

Small battery-powered radio with extra batteries

Dust mask

Protective goggles

Small amount of cash, including coins for payphones

Extra set of keys to house, car, etc.

Personal hygiene and toiletry products

Moist towelettes and assorted sizes of re-sealable plastic zipper bags (for storing food, waste, etc.)

Change of socks and undergarments

Any other items you need on a daily basis

Mark your calendar to remind you to check your Go Bag every six months. Replace your medications and snacks with fresh supplies. Check batteries in flashlight, radio, etc. and extra batteries to be sure they are still good!