



When a disaster happens, you should plan to be self-sufficient for at least 72 hours. Being prepared means having food, water and other essential supplies. The Go Bag that West Slope Foundation will be giving workshop participants is a collection of the following items.

Food and Water

The food and water in this kit are meant to provide nutrition for 2 people for 72-hours until help arrives. These products have a 5-year shelf life.

- ✓ (12) 4oz. Water Pouches
- ✓ (12) 400 Calorie Food Bar's
- ✓ (20) Water Purification Tablet's (Each tablet purifies 1 liter of water.)

Light and Communication

These products come in handy during a home power outage, car trouble or other emergency requiring you to leave your home.

- ✓ Survival Flashlight
- ✓ Keychain LED Flashlight
- ✓ Dynamo 4-in-1 Radio Flashlight Charger
- ✓ 12 Hour Emergency Bright Stick
- ✓ Survival Whistle

Shelter and Warmth

These supplies will provide protection from the weather, including wind, sun, rain and other harsh conditions you may encounter.

- ✓ (2) Emergency Body Warmers
- ✓ (2) Emergency Blankets
- ✓ (2) Emergency Ponchos with Hood
- ✓ Emergency Tube Tent with Rope

Tools

These items are designed to be used during disasters. They will be a valuable resource when you find yourself faced with navigation, transport, personal protection, or shelter challenges.

- Flashlight
- Pen
- 11-in-1 Pocket Card Multitool
- Compass
- Ferrocerium Rod Fire Starter
- Pair of Durable Work Gloves
- Paracord Bracelet
- Safety Goggles

Hygiene and Sanitation

When in a disaster having hygiene products is important. Staying clean protects against infection, disease and depression.

- ✓ Hygiene Kit (including shampoo/conditioner, shaving cream, razor, sanitary napkins)
- ✓ (2) Toothbrush
- ✓ Toothpaste
- ✓ Soap
- ✓ Facial Tissues
- ✓ Moist Towelettes

First Aid

These first aid items can assist with minor injuries and protect against serious health concerns in disaster circumstances.

- ✓ (36) Piece First Aid Kit