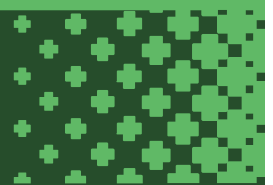




MIKE
SANDERS
BOOKS



GO BAGS CHECKLISTS





1. PRIMARY ESSENTIALS BAG

This is the bag that the person in charge of the evacuation grabs. It contains key documents that may be needed during the emergency.

- ☐ Valid ID (military/dependent)
- ☐ Power of Attorney copy (digital + printed)
- ☐ Emergency contact list (hard copy & phone)
- ☐ Phone charger + backup battery
- ☐ Flashlight or headlamp
- ☐ Extra keys (home, car, mailbox)
- ☐ \$200 cash (in case of tech outage)
- ☐ Notebook + pens for quick info capture
- ☐ Basic first aid kit
- ☐ USB drive with important files, password-protected

2. ADULT BAGS



Each adult in the household will grab their bag. This contains clothing in their size and style to keep going for 72 hours. These should be labeled with a name and color-coded.

- ☐ 3–5 days of clothes (comfortable, layered)
- ☐ Comfortable shoes
- ☐ Ball cap
- ☐ Toiletries (travel kit or duplicates)
- ☐ Prescription medications (at least 1 week)
- ☐ Refillable water bottle
- ☐ Burner phone

3. CHILD BAGS



Each child in the household will have a bag. The primary will grab the appropriate bags. This contains clothing in their size and style to keep going for 72 hours. These should be labeled with a name and color-coded.

- ☐ 3–5 days of clothes (comfortable, layered)
- ☐ Comfortable shoes
- ☐ Toiletries (travel kit or duplicates)
- ☐ Prescription medications (at least 1 week)
- ☐ Refillable water bottle
- ☐ Child ID card copies (school, military, medical)
- ☐ Copies of custody documents (if relevant)
- ☐ Emergency pick-up plan (backup person & contact info)
- ☐ Comfort items: blanket, toy, book
- ☐ Snacks (non-perishable)
- ☐ Activity pouch (crayons, puzzle books, etc.)
- ☐ A recent printed photo of a service member
- ☐ Parent-out-of-pocket letter (“Open when Mom/Dad is gone”)
- ☐ Medical documents (allergies, IEPs, emergency meds)

4. PET BAGS



Each pet in the household will have a bag. The primary will grab the appropriate bags. This contains food and accessories in the pet's size and type to keep going for 72 hours. These should be labeled with the pet's name and color-coded.

- ☐ 3-7 days of food (dry or canned)
- ☐ 3-7 days of water (plastic water bottles)
- ☐ Pet Disaster Prep Kit guidelines from Animal Medical Clinic of Chesapeake, 921 Battlefield Blvd, Chesapeake, VA 23320
- ☐ Non-tipping food/water dishes
- ☐ Cage or carrier for each pet (label with your contact & emergency contact info)
- ☐ Leash, collar, harness for each pet (attach tags)
- ☐ +/- Muzzle for each pet (in case of painful injury needing first aid care)
- ☐ Stakes and tie-outs
- ☐ Litter pan, litter, litter scoop
- ☐ Newspaper or puppy pads
- ☐ Can opener and spoon
- ☐ Favorite toys, treats, blankets
- ☐ Mild dish detergent
- ☐ Hand sanitizer
- ☐ Paper towels
- ☐ Trash bags
- ☐ Flashlight with batteries

5. UTILITY POUCH



Use a bag from a dollar store, such as a makeup bag or a tool bag. It should be compact. Create one bag for each person, regardless of age.

- ☐ 2 feet of duct tape wrapped around an old plastic card
- ☐ 3 feet of paracord
- ☐ 3 rubber bands
- ☐ 2 binder clips
- ☐ 6 handy wipes
- ☐ 5 bandages
- ☐ Cheap bandana
- ☐ \$20 in ones
- ☐ \$50 no-name debit card, such as Vanilla Visa
- ☐ Pocket pen
- ☐ Cheap keychain flashlight
- ☐ Phone numbers of all family members
- ☐ Produce bag from grocery store to hold trash, barf bag
- ☐ Cheap space blanket
- ☐ Cheap poncho

6. DEPLOYMENT GO BAG



When deployment orders hit, everything moves fast, and preparation makes all the difference. A well-built Deployment Go Bag ensures you're not scrambling at the last minute to find critical items or personal comforts.

Final Pre-Deployment Bag Check

- ☐ All documents updated + backed up
- ☐ Communication plan printed/saved
- ☐ Phone numbers saved & synced
- ☐ Kids' school/daycare plans confirmed
- ☐ Emergency contacts know their role
- ☐ Bag is packed, labeled, and accessible

Hygiene & Toiletries

- ☐ Toothbrush, toothpaste, floss
- ☐ Razor, shaving cream
- ☐ Deodorant
- ☐ Shower shoes
- ☐ Nail clippers, tweezers
- ☐ Compact shower kit or Dopp bag
- ☐ Washcloths & towel (quick-dry preferred)
- ☐ Baby wipes (unscented)
- ☐ Hand sanitizer
- Feminine hygiene products (if applicable)

Health & Comfort

- ☐ Prescription medications (30+ days) Add these when needed
- ☐ Over-the-counter meds (pain relievers, antacids, cold meds)
- ☐ Chapstick, lotion, sunscreen
- ☐ Eye drops & contact lens supplies (if needed)
- ☐ Earplugs and a sleep mask
- ☐ Small first-aid kit

Uniform & Clothing

- ☐ Full uniform sets (per branch/command requirements) Add these when needed if they are worn for your current assignment.
- ☐ Undershirts, socks, and underwear (7+ each)
- ☐ PT gear (shorts, t-shirts, shoes)
- ☐ Cold-weather layers (if needed)
- ☐ Civilian clothes (1–2 sets)
- ☐ Boots (broken-in)
- ☐ Shower sandals

Electronics & Accessories

- ☐ Phone & charger
- ☐ Power bank
- ☐ Headphones
- ☐ Flashlight/headlamp (with extra batteries)
- ☐ Laptop or tablet (if allowed)
- ☐ USB thumb drive (backups of important documents)

Miscellaneous & Morale

- ☐ Snacks (non-perishable, protein-heavy)
- ☐ Playing cards, books, or an e-reader
- ☐ Small family photos or morale items
- ☐ Pre-addressed envelopes or stationery
- ☐ Multi-tool or pocketknife (check regulations)
- ☐ Zip-top bags or dry sacks (for organization)
- ☐ Bungee cords
- ☐ Carabiner clips
- ☐ Zip ties
- ☐ Binder clips

Documents & Admin

- ☐ Do not bring originals; keep paper copies and digital copies on the cloud
- ☐ USB drive with documents and family photos
- ☐ Copy of military orders (physical & digital)
- ☐ Valid military ID & driver's license
- ☐ Copy of passport (if required)
- ☐ Power of attorney & will (updated)
- ☐ Emergency contact list (printed)
- ☐ Insurance and medical documents
- ☐ Copy of deployment checklist or command packet
- ☐ Notepad & pens