



Making a Personal Go-Bag and Stay-Box Resource

By gathering and preparing disaster readiness supplies, we can enhance our quality of life if an unexpected catastrophic event occurs. Use this resource to help you pack your go-bag and stay-box accordingly. Please note that this guide recommends one go-bag or stay-box per person.

Go-Bag Definition:

A disaster supply kit that is easily accessible should you need to leave your home. It is suggested to prepare supplies for at least three days.

Go-Bag Checklist:

- ☐ Three-day supply of non-perishable food
- ☐ Water - one gallon per person for three days
- ☐ Extra clothes for at least three days (1 jacket, 1 pair of pants, 2-3 shirts, and three days' worth of underwear)
- ☐ Printed map with evacuation routes
- ☐ Prescription and non-prescription medication for at least 3 days
- ☐ Extra glasses/contact lenses and solution
- ☐ Extra keys, credit cards, and cash
- ☐ First aid kit and toiletries
- ☐ Flashlight, radio, portable charger, and batteries
- ☐ Pet carrier, food, and water
- ☐ Copy of [Keiro's Natural Disaster Planning worksheet](#)
- ☐ Copies of important documents:
 - Estate plan
 - Advance health care directive and Do Not Resuscitate (DNR) (If applicable)
 - Durable power of attorney
 - Copies of (IDs, birth certificate, Social Security card, passport, medical records, marriage license, wills, deeds, etc.)
 - Copies of insurance cards
 - Photo copies of credit/debit cards
 - Emergency contact info (family, caregiver, doctors)
 - List of all medications and medical devices (wheelchairs, walkers, etc.)
 - List of allergies (food, medicine, additives, preservatives)
 - General medical conditions and history

Founded in 1961, Keiro improves the quality of life for older adults and their caregivers in the Japanese American community of Los Angeles, Orange, and Ventura counties. For more information, visit keiro.org.

What additional items would be helpful in YOUR go-bag?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Stay-Box Definition:

In addition to your go-bag, a stay-box is a disaster supply kit that is easily accessible should you have the inability to leave home and be without running water or electricity for an indefinite amount of time. It is suggested to prepare supplies for five to seven days.

Stay-Box Checklist:

- ☐ Water – one gallon of water per person per day
- ☐ Non-perishable food (for people and pets)
- ☐ Lamps, flashlights, and batteries (no candles)
- ☐ Portable charger or generators for electronics
- ☐ Incontinence supplies (toilet paper, trash bags, portable toilet, incontinence briefs and/or pads)
- ☐ Battery or crank radio

What additional items would be helpful in YOUR stay-box?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

This plan was made on: _____

Supplies in Go-Bag and Stay-Box will need to be refreshed on (6 months): _____