

VashonBePrepared -- Go Kits are for everyone!



Who: Everyone school-age or older should have a Go Kit (also known as a bug-out bag).

What: Go Kits contain essential supplies for yourself and your family or business, for 72 hours or more, in a portable pack or bag. Go Kits are portable, and are intended to help you during the first few days of an adverse incident. (They differ from your [basic home emergency supplies kit](#) - which should have everything your family needs to stay safe and comfortable for ten days to two weeks.)

Where: Children can keep them at school, and adults can keep them at the office or shop, or in the car. Folks who work from home may keep them in the front hall closet, ready to grab in the event of an adverse incident.

When: A Go Kit is only useful if it is readily available at all times, wherever you are, and all supplies are periodically refreshed. Life is busy; if you'd rather buy your first kit to get started quickly, a kit that supports two people for 3 days is available for under \$40 online. You can add personal items to it, and be ready to go.

Why: Go Kits are a source of comfort and safety if there's a fire, an earthquake, or some other reason to evacuate your house. You might be stuck off-island if the ferries aren't running, or duties might call you away from home, so it makes sense to have critical information, some water and food, and basic survival gear, assembled and ready to grab.

The contents of your Go Kit should be personalized, based on your preferences and needs. Think about water, food, clean air, comfort, and communication.

1. water - 1 quart to 1 gallon per person per day, and chlorine tablets to treat
2. three days of food such as energy bars, baby formula (cans? bring a can opener)
3. dust mask or bandana to filter air
4. moist wipes, (diapers for infant), trash bags and ties for sanitation
5. cell phone and car charger, key contacts list, and the local phone book
6. flashlight or headlamp, with extra batteries
7. map of Vashon and other places where you spend your time
8. first aid kit, medications, spare eyeglasses (great use for that old pair)
9. warm rainproof jacket, hat, gloves, sturdy shoes
10. blanket, pillow, sleeping bag
11. sturdy shoes, socks, long pants and long sleeve shirt, hat and gloves
12. whistle, pocket knife
13. driver's license or other picture ID
14. extra cash (credit cards won't work if the power is out)
15. A full tank of gas - if we lose power, gas station pumps won't work. Refill your car's tank as soon as the fuel gauge hits the halfway mark.

Is your car prepared?

Accidents, pass closures and other winter events can mean unexpected time in your car. Be prepared to wait comfortably if your car breaks down or gets stuck. Pick up these items on your next shopping run and then pack them into your vehicle.

1. Inflated spare tire, fix-a-flat, tire iron, jack
2. Flares, cones or LED triangles
3. Jumper cables and instructions
4. Fire extinguisher, window hammer, seatbelt cutter
5. Larger first aid kit with emergency blanket
6. Spare windshield wiper blades
7. Window cleaner and paper towels or rags
8. Ice scraper, tire chains, salt or sand for winter weather
9. Gloves and ground cloth
10. Kitty litter and pieces of wood to get tires unstuck
11. Paper and pencil
12. Portable AM/FM/NOAA radio and extra batteries (saves the car battery)
13. Rope, duct tape, cable ties, tow chain
14. Shovel, hatchet, axe
15. Rain poncho
16. Large flashlight or LED worklight, extra batteries

Like go kits, car kits can be purchased online to get you started quickly. They make great gifts for new drivers, vacationers and car-campers.

If you find yourself stuck or stranded, it's safest to stay in your car, put on your flashers, call for help and wait until it arrives.

