



A list for your  
basic survival  
needs

# Go Bag essentials

## Water

- Bottled water/pouches (3L/p/day)
- Water Purification tablets or water filter
- Metal water bottle

## Food

- Jerky
- Meal bars
- Trail mix/Muesli bars

## Medication

- Mini first aid kit
- Prescription medications & scripts
- Gastro stop & hydralite

## Sanitation

- Toothbrush/toothpaste
- Feminine hygiene items
- Hand sanitizer
- Deodorant
- Comb / hair brush
- Wet ones

## Light

- LED flashlight/torch
- Spare batteries

## Communications

- Solar power charger
- Hand crank radio
- Cellphone or mobile phone
- Prepaid phone card (telstra)
- Pad and pencil

## Clothing & warmth

- Waterproof jacket
- Closed-toed shoes or boots
- Light weight long sleeve shirt
- Change of underwear x 2
- Quick dry light weight long pants
- Socks x 2 pairs

*flip* ↩

## Documentation

- Government ID
- Birth and marriage certificates
- Emergency plan & contact list - family, friends lawyer, insurance
- Insurance policies / cards
- Bank account & credit card details
- Family photo
- Medical documents (prescriptions, medical history, etc.)

## Smart gadgets

- USB flash drive with copies of critical documents & devices
- USB Smart Charger Cable

## Cash & spare keys

- \$100 per adult per day
- \$50 per child per day

## Notes:

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