



The ULTIMATE

Go Bag list

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

- First Aid Kit & manual
- Prescription medications & scripts
- Non-prescription medications
- Prescription glasses & sunglasses
- Gastro stop and hydralite

Warmth

- Sleeping bag
- Wool blanket - light weight

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

- 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

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Sanitation

- Toothbrush/toothpaste
- Soap/shampoo
- Feminine hygiene items
- Toilet paper
- Hand sanitizer
- Deodorant
- Comb
- Washcloth
- Microfibre towel
- Disinfectant wipes
- Wet ones

Protection

- N 95 Masks
- Insect repellent
- Sunscreen
- Hat
- High Visibility Reflective Vest
- Work gloves

Navigation

- Map(s) of local area
- Coms & Navigation Kit

Tools

- Whistle
- Utility knife

Pets

- Dry pet food
- Water bowl
- Leash and collar
- Toy
- Crate

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

Comfort

- Sweets
- Deck of cards
- Travel games

Storage

- Backpack - 40 litre or 50 litre
- Waterproof document pouch
- Ziplock bags
- Bivy sack