

# Go Bag Checklist

Earthquakes, fires, and similarly unplanned incidents can disrupt your travel. Keep a go bag packed with essential supplies in case you need to temporarily evacuate your location in an emergency. Strike a balance between being well prepared and having a go bag that's easy to maintain and carry. Exactly what you pack depends on you and your location (e.g., weather; cash-based economy; availability of food, water, and medicine).

## Medical supplies and information

- Prescription medications and copies of your prescriptions
- Over-the-counter pain and inflammation medicine
- Over-the-counter anti-diarrhea medicine
- Medical insurance card and copies
- International SOS card
- **Basic first aid kit**



Also consider a secure, cloud storage option so you can access copies of important documents from anywhere.

## Travel and identification documents

- Personal identification and copies (e.g., driver's license, School ID)
- Passport, visas, itineraries, and copies

## Money

- Currency, credit cards, and copies of the front and back

## Clothing and personal items

- Light, warm jacket that protects against rain
- Bandanna or scarf
- Comfortable and safe walking shoes
- Eyeglasses, contact lenses, and copies of your prescription
- Cleansing wipes and toilet paper
- Feminine hygiene products
- Hand sanitizer

## Communication devices and information

- Cell phone and charger
- Portable charger
- Pen and paper
- Contact list

## Food and water

- Water and a refillable bottle
- Water purification tablets (if local water isn't potable)
- Small protein snacks or bars

## Miscellaneous

- Flashlight
- Personal security alarm



If you're traveling to a remote area, or a lesser-developed country with limited emergency capabilities, you need a more extensive go bag and emergency planning. Consider scheduling a consultation with a member of our International Safety & Security team. We can help you plan for challenging and remote environments. Learn more at [globalsupport.harvard.edu](https://globalsupport.harvard.edu).

