

MY TO-GO BAG

MY Checklist:
Keep a "To GO" bag in your vehicle at all times, be prepared!

TOILETRIES & PERSONAL ITEMS:

- ___ Deodorant
 - ___ Hand sanitizer
 - ___ 1 Change of clothing
 - ___ Incontinence supplies
 - ___ Tooth paste
 - ___ Body towelets
 - ___ Suntan Lotion
 - ___ Nail file & Clippers
 - ___ Tooth brush
 - ___ Spare glasses
 - ___ Soap
 - ___ 1 towel
1. _____ 2. _____
3. _____ 4. _____

ELECTRONICS:

- ___ Extra Batteries (i.e.: hearing aids)
 - ___ Flashlight
 - ___ Wall plugs
 - ___ Batteries
 - ___ Phone Charger (Solar)
 - ___ Head Phone
1. _____ 2. _____
3. _____ 4. _____

COMFORT ITEMS

- ___ Blanket
 - ___ Magazine
 - ___ Sensory Items
 - ___ Playing Cards
 - ___ Activity Cards
1. _____ 2. _____
3. _____ 4. _____

MISCELLANEOUS:

- ___ Pad of Paper and Pens
 - ___ Spare Keys
 - ___ Screw Driver/tools
 - ___ Super Glue
 - ___ Medication supplies (I.e.: syringes)
 - ___ Small First Aid Kit
 - ___ Snacks
 - ___ Roll of Duct Tape
 - ___ Cash/change
 - ___ Umbrella
 - ___ Bottled Water
 - ___ Mini sewing kit
 - ___ Medications
1. _____ 2. _____

DOCUMENTS:

- ___ Copy of Current Medications, Allergies, & diagnosis
- ___ DNR/MOST form, Advance Directives
- ___ Copies of all legal documents
- ___ Copies of Legal documents (POA's, living wills, guardianship papers, etc...)
- ___ Medicare & insurance cards
- ___ Emergency phone list

