



saving our sanity + the planet

THE ONEGREENTHING "GO KIT" TOP 10

One way to help anxiety: preparation. And whether you are facing a medical emergency or a climate-related disaster, having a "GO KIT" is one way to put your mind at ease.

Here is OneGreenThing's TOP 10 items:



1. **ESSENTIAL DOCUMENTS:** passports, birth certificates, insurance cards, deeds. Also: bank accounts & key passwords.



2. **MEDICATIONS:** pack 2 weeks of prescriptions set aside. Wear contacts? Pack extras.



3. **CLOTHING:** pack 1 week of clothing, including comfy socks and shoes, for every member of your family.



4. **PERSONAL HYGIENE:** Toilet paper, feminine hygiene products. Hand sanitizer and wipes. Pre-pack extra dental products.



5. **WATER:** this is a big one! Two weeks of bottled water, pet food, and non-perishable snacks (think protein bars) is key. If possible, pack a water purifier.



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THE ONEGREENTHING "GO KIT" TOP 10 (cont'd)

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Here is OneGreenThing's TOP 10 items:



6. **SAFETY GEAR:** a First Aid kit, a multi-purpose tool, safety goggles, N95 masks, and a whistle.



7. **WARMTH:** emergency blankets, gloves, and hats for colder locations.



8. **AFTER DARK:** flashlights, candles, lighters, and lanterns can provide comfort after dark.



9. **ELECTRONICS:** chargers for laptops and cell phones.



10. **RADIO:** either battery powered or crank weather radio.