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.


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


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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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.