

IF YOU CAN PACK A GYM BAG YOU CAN PACK A GO BAG!

Pack a Go Bag for every member of your household. Be ready to leave at a moment's notice.

GYM BAG

GO BAG

- + Water and sports drinks
- + Energy bars
- + Snacks

Food & Water



- + Water and sports drinks
- + Energy bars
- + Snacks

- + First Aid kit
- + Medications
- + Personal hygiene items
- + Sunblock

First Aid



- + First Aid kit
- + Medications
- + Personal hygiene items
- + N95 dust mask

- + Change of clothes
- + Towel
- + Shoes and socks

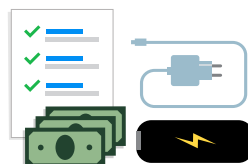
Comfort



- + Change of clothes
- + Warm sweatshirt
- + Shoes and socks
- + Eyeglasses

- + Cash
- + Emergency contact list
- + Workout plan

Information



- + Cash in small bills
- + Emergency contact list
- + Backup phone battery
- + Important documents digitized

Today is a great day to get prepared.
www.ReadyMarin.org

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