

Ursula Shoudy's "Go-Bag" for Emergencies

Ursula keeps one Go-Bag in her car and one in her home.

She started by purchasing two Wise Company 5-Day Survival Backpacks—one for home and one for car and then she supplemented each bag with additional supplies purchase separately (listed below).

Wise Company 5-Day Survival Backpack Includes:

Food and Drink

- 32 Total Servings (Including Apple Cinnamon Cereal, Brown Sugar Cereal, Creamy Pasta, Southwest Beans and Rice, Hearty Tortilla Soup, and Whey Milk)
- 5 X 4.227 fl. oz. Water Pouches

First Aid and Hygiene

37 Piece First Aid Kit

N95 Dust Mask

Pocket Tissues

3 Wet Naps

Waste Bag

Misc.

Portable Stove (Including Fuel Tablets)

Stainless Steel Cup

Squeeze Flashlight

5-in-1 Survival Whistle

Waterproof Matches

Mylar Blanket

Emergency Poncho

Playing Cards

Additional supplies added by Ursula:

Life Straw

2.5-gallon water storage bag

Two pair dry socks

One roll toilet paper

Hand warmers

Travel blanket

Instant coffee

Additional snacks

CPR mask

Extra Medical Kit

Personal medications

Tourniquet

Super glue

Entrenching shovel

Knife with compass and matches

Knife with cord

Knife sharpener

Hatchet

Multi-purpose pocket tool

Wire saw

Flint

Emergency paracord

Headlamp

Survival mirror