



# Go-bag checklist



**Making your own go-bag?**

**Here's a list of what to include:**

- ☐ Copies of:
  - ☐ Your driver's license or ID card (front and back)
  - ☐ Your private health insurance or Medicare cards
  - ☐ Your supplement and prescription plans
  - ☐ Your advance directive if you have one, or if not, the name and phone number of a trusted person who can make health care decisions on your behalf
- ☐ An up-to-date list of medications you take and your diagnoses
- ☐ Names and phone numbers of your doctor(s) and pharmacy
- ☐ A list of contacts: family, friends or neighbors
- ☐ Your phone and phone charger — preferably one with an extra long cord
- ☐ Care information for your pet, if you have one
- ☐ Clothing to wear home
- ☐ Extra underwear
- ☐ Hearing aid batteries, denture adhesive, spare glasses
- ☐ Pen and paper
- ☐ A book

*When possible, label items with your name.*