

“Quick Run Bag” Check List

When traveling abroad, safety and security personnel advise their field staff to have a quick run bag that has everything you need in case of an emergency or natural disaster. This bag should be practical for daily use and something you grab before you leave the room.

- Color copy of Passport and other important documents in a sealed Ziplock bag
- Cell phone with charger that doesn't need to be plugged in
- SOS Memory Stick – wear it around your neck and in an emergency access your personal records, passport, etc.
- Water-tight container for cell phone
- Rubber doorstop – once you are in your room at night, shut your door and kick your door stop into your door to lock yourself in at night.
- Water container – soft platypus style for easy packing
- Life Straw – allows you to drink water out of any contaminated source
- Bandana – protection from the sun, sling for broken arm, carry your lunch, etc.
- Foldable plastic cup
- Bite and sting kit
- Medication to put on a burn
- Oral Rehydration Salts
- Sunscreen stick – this won't leak in your bag
- Bug repellent
- Antihistamine tablets –Bring medication, especially if you are allergic to bees
- Armband for no mosquitos and mosquito bite relief clicker
- Quick clot – stops a wound from bleeding
- Compass
- Whistle – blow it if trapped in an earthquake or to call for help
- Small CPR kit
- Condoms – unplanned things happen in the field and condoms can carry water in an emergency
- Tampons – can put it in a wound to stop the bleeding
- Night glow stick – crack it and it glows
- Cord / rope
- Small sewing kit
- Multi tool or Swiss army knife
- Hand sanitizer
- Waterproof Matches
- Tape
- Trash Bag
- Carabineer
- Notebook and Pen –the type you can write on in the rain
- Ultra compressed expanding towel – starts the size of a match book but add water and it expands into a full sized towel
- Headlamp
- Small solar panel – charge your laptop, phone, etc.
- Small foldable saw – in case you need to cut firewood
- Hammock – if there is no bed
- Small blow-up pillow
- Emergency space blanket
- Toe warmers – for in your shoes in cold settings
- Energy beads, Energy Bar and/or nuts
- Small Survival Kit (*fits in a container the size of a sardine can*) compass, 2 cubes fire starter, multi-use cord, multi use wire, water proof matches, fishing line, sewing kit, soup, tea bags, sugar, antiseptic swabs, razor blades, duct tape, signal mirror, adhesive bandages, safety pins, fish hooks, and survival and first aid information

NOTE: *All of these items can fit in a small backpack or fanny pack and cost a total of about \$100. Select what is best for you and what is a manageable size.*