

PACK YOUR OWN GO BAG



A Go Bag is a bag or small suitcase that is already packed with important items. If you need to get to a safe place quickly you may not have time to think about what to bring. Having a Go Bag already packed or making a list of things you would want with you can help you feel calm, safe and relaxed.

This list can help you think about what you would like to have in your Go Bag.

COMFORT ITEMS:

What do you need to feel comfortable?

- A favorite sweatshirt
- Stuffed animal
- Blanket

WAYS TO KEEP BUSY:

Small items that don't use batteries or electricity are good to help keep your mind busy.

- Books
- Deck of cards or travel games
- Small toys
- Drawing supplies or coloring books

PERSONAL ITEMS

Pack some personal items that remind you of home or that help calm and relax you.

- Photos of friends and family
- Journaling supplies
- Stress balls or fidget spinners

Talk with your caregivers about what other items you may want to pack in your Go Bag. Write those in the space below.



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