

# Go Bag Checklist

*These are the basics of a good go bag. Depending on whether you're headed out for a doctor appointment or a longer road trip, you'll want to adjust the quantities below.*

- Disposable briefs (at least 2)
- Wipes
- Moisture barrier cream
- Box of disposable gloves
- A complete change of clothes
- Socks and shoes
- Plastic bags/Hefty bag for soiled clothes
- Protein-based snacks, or at least something other than only candy bars
- Water
- Food and water for you too
- Magazines, puzzles, tablet (& charger!), any other items that would engage your parent or partner
- Sunglasses
- Sweater
- Hat
- Kleenex
- Your parent or partner's wallet with ID and insurance cards and copay, if they don't carry those items themselves