ON THE ROAD & GO-BAG PACK

The Ready Home 90 Companion Pack

Go-bag checklists for every member of the household,
a full car kit, a 72-hour menu and paper route maps

A go-bag checklist for each person - adults, teens, children, babies

Pet go-bag checklists for dogs, cats and small pets

Car emergency kit, documents log and fuel log

A planned 72-hour menu with a matching water plan

Paper route maps, a 15-minute leaving checklist, room by room

PACK IT BEFORE YOU NEED IT. KEEP IT BY THE DOOR.

US Letter - print at 100% scale, single or double sided

MARCUS VALE

Product code: PP-READYHOME-BUMP-01

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Questions or support: puzzle-pout-talon@duck.com

Preparedness note: this planner is a household organisation tool. It does not replace official guidance. In an emergency, always follow the instructions of your local emergency services and authorities.

Contents and How to Use This Pack

Print it, pack from it, keep it in the car or by the door

This companion pack turns the evacuation pages of Ready Home 90 into packed, checked, ready-to-carry bags. Work through one checklist per bag, tick items only when they are physically in the bag, and write the packing date on every page. Refresh food, water, medicines and clothing sizes every six months using the Refresh Log.

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Go-Bag Overview - The Rules

A bag only counts if its owner can carry it

- [ ] One bag per person, packed by that person's own checklist page - no shared mystery bags.
- [ ] Weight rule: an adult bag should stay liftable with one hand; a child's bag must feel light to the child.
- [ ] Water and food for 72 hours live across bags and the car kit - never all in one child's bag.
- [ ] Medicines, documents and phone chargers go in the top pocket of each adult bag.
- [ ] Bags live by the main exit or in the car boot - one place, known by everyone, all year.
- [ ] Refresh dates: food, water, batteries and medicines every six months; clothes sizes for children too.
- [ ] After any real use, repack within a week and log what ran out on the Refresh Log page.
- [ ] Keep one printed copy of these checklists inside the first bag, in a sealed sleeve.

Adult Go-Bag - Person 1

The lead bag: documents, medicines and the household essentials

Pack in this order: documents low and flat, heavy items close to the back, tonight's needs on top.

- [ ] Copies of ID, insurance and bank cards in a sealed sleeve.
- [ ] Regular medicines for 3 days, plus a printed medicines list.
- [ ] Phone charger, cable and a charged power bank.
- [ ] Cash in small notes, plus coins, in a sealed envelope.
- [ ] Water: 2 litres in the bag; the rest rides in the car kit.
- [ ] Food: 3 days of bars, pouches and familiar ready food (see the 72-hour menu).
- [ ] Full change of clothes, warm layer, rain layer and sturdy shoes.
- [ ] Torch or headlamp, spare batteries, whistle and dust masks.
- [ ] Hygiene kit: soap, toothbrush, wipes, tissues and any personal essentials.
- [ ] Notebook, pen, house and car spare keys, and a printed contacts card.

PACKED BY: ..... DATE: ..... BAG COLOUR / OWNER: .....

Adult Go-Bag - Person 2

The second bag: shelter, tools and family backup

This bag balances the first: if the two bags are ever separated, each still covers the basics.

- [ ] Copies of ID and insurance, plus the family document backup set.
- [ ] Regular medicines for 3 days and a basic first aid kit.
- [ ] Phone charger, cable and the household spare power bank.
- [ ] Water: 2 litres in the bag, plus a water treatment method.
- [ ] Food: 3 days of ready food that needs no cooking.
- [ ] Full change of clothes, warm layer, rain layer and sturdy shoes.
- [ ] Multi-tool, work gloves, duct tape, cord and bin bags.
- [ ] Blankets: one emergency blanket per person in the household.
- [ ] Torch, spare batteries, battery radio and the local station written on it.
- [ ] Pet lead or carrier strap if this adult handles the pets.

PACKED BY: ..... DATE: ..... BAG COLOUR / OWNER: .....

Teen Go-Bag Checklist

Packed by the teen, checked by an adult - ownership makes it work

A teen who packed their own bag knows what is in it and where. Check the bag together once packed.

- ☐ ID copy, school contact card and the family contacts card.
- ☐ Phone charger and cable; power bank if the household has a spare.
- ☐ Water bottle (filled) plus 1 litre stored in the bag.
- ☐ Snacks and ready food for 3 days that they genuinely like.
- ☐ Full change of clothes, warm layer, rain layer and sturdy shoes.
- ☐ Torch or headlamp and a whistle on a lanyard.
- ☐ Hygiene kit, tissues, wipes and any personal medicines (listed for an adult).
- ☐ One book, cards or other no-power entertainment.
- ☐ A note with the two family meeting points written in their own hand.
- ☐ Nothing valuable or irreplaceable - bags get left behind in real events.

PACKED BY: ..... DATE: ..... BAG COLOUR / OWNER: .....

Child Go-Bag - Ages 6 to 12

Light enough to carry, familiar enough to calm

Keep it light and familiar: comfort first, then the basics an adult carries the heavy share of.

- [ ] Comfort item: the named toy or blanket from the Children - Comfort page.
- [ ] Printed family photo and a card: name, address, parents' phone numbers.
- [ ] Full change of clothes in current size, plus a warm layer.
- [ ] Familiar snacks for 3 days - nothing new, nothing experimental.
- [ ] Small water bottle (filled) and a cup.
- [ ] Torch they know how to use, with their name on it.
- [ ] Colouring book, pencils, cards or a small book.
- [ ] Hygiene basics: wipes, tissues, toothbrush.
- [ ] Any medicines travel in an adult bag, listed on the child's card.
- [ ] Shoes sturdy enough to walk in, tied to the bag if not worn.

PACKED BY: ..... DATE: ..... BAG COLOUR / OWNER: .....

Toddler and Baby Go-Bag Checklist

Five days of the everyday, packed for someone who cannot ask

Babies need routine more than gear. Pack five days, not three - resupply for the smallest is hardest.

- [ ] Nappies for 5 days, in the current size, plus wipes and cream.
- [ ] Feeding supplies your baby already uses, for 5 days, plus bottles or cups.
- [ ] Two changes of clothes per day, in a sealed bag.
- [ ] Blankets x2 and a familiar comfort item or cloth.
- [ ] A carrier or sling: secure baby, occupied hands, stairs manageable.
- [ ] Any medicines, with doses written on the card an adult carries.
- [ ] Bibs, spoons and a small towel.
- [ ] A change of top for the carrying adult - experience says so.
- [ ] Sun hat or warm hat, according to season.
- [ ] Feeding and settling routine written on a card in the top pocket.

PACKED BY: ..... DATE: ..... BAG COLOUR / OWNER: .....

Pet Go-Bag - Dog

Three days of food, water and calm handling

Pack the pet bag beside the human bags. A frightened dog needs familiar food, a familiar lead and a familiar smell.

- [ ] Dog food for 3 days, sealed, rotated monthly with normal feeding.
- [ ] Water for 3 days plus a collapsible bowl.
- [ ] Lead and harness (spare), plus a collar tag with your mobile number.
- [ ] Any medicines, with the vet's instructions copied from the Pet Care Plan.
- [ ] Poo bags, a small towel and pet-safe wipes.
- [ ] A familiar blanket or toy that smells of home.
- [ ] A printed photo of you with the dog - proof of ownership.
- [ ] Vet card copy and microchip number, from the Pet Care Plan page.

PACKED BY: ..... DATE: ..... BAG COLOUR / OWNER: .....

Pet Go-Bag - Cat and Small Pets

A carrier-ready kit for the members who hide when it matters

Cats and small pets travel in carriers, never loose in a car. Keep the carrier near the bags all year.

- [ ] Food for 3 days, sealed, plus treats used to coax them into the carrier.
- [ ] Water for 3 days plus a small bowl.
- [ ] Carrier, lined, with a familiar-smelling cloth inside.
- [ ] Litter tray solution: a small tray, litter in a sealed bag, and waste bags (for cats).
- [ ] Any medicines, with doses copied from the Pet Care Plan.
- [ ] A printed photo of you with the pet - proof of ownership.
- [ ] Vet card copy and microchip number where applicable.
- [ ] A light cover for the carrier: dark and quiet settles most animals.

PACKED BY: ..... DATE: ..... BAG COLOUR / OWNER: .....

Go-Bag Packing Log and Weights

Weigh each bag on the bathroom scales - honestly

A bag that is too heavy gets unpacked at the worst moment. Record the weight, the owner and where the bag lives.

Bag owner	Bag colour / type	Weight	Lives at

Go-Bag Refresh and Expiry Log

Six-month refresh: food, water, medicines, batteries, clothes sizes

At every refresh, cross-check each bag against its checklist page, then log what you replaced.

Date	Bag checked	Items replaced	Next due

Car Emergency Kit Checklist

The kit that lives in the car all year, not just on trip weeks

Check the car kit quarterly alongside the Vehicle Readiness Log in the main planner.

- [ ] Water: at least 2 litres, in bottles that have never been opened.
- [ ] Food: bars and ready food that tolerate heat and cold, checked twice a year.
- [ ] Blankets: one per usual passenger, plus one spare.
- [ ] Torch and spare batteries; a second torch in the glove box.
- [ ] Phone charger (car) and a charged power bank.
- [ ] First aid kit, checked against the main planner's checklist.
- [ ] Warm layer and rain layer per usual passenger.
- [ ] Paper map of your region, in the glove box with the documents.
- [ ] Hygiene kit, tissues, wipes and bin bags.
- [ ] Pet water, bowl and a spare lead, if pets travel with you.

PACKED BY: ..... DATE: ..... BAG COLOUR / OWNER: .....

Car Documents and Tools Log

What should be in the car - and the date you last saw it there

Item	In the car?	Date checked
Insurance documents (paper copy)		
Registration / ownership papers		
Breakdown service card		
Spare tyre or repair kit		
Jack and wheel wrench		
Jump leads or starter pack		
Warning triangle		
High-visibility vests		
Tyre pressure gauge		
Ice scraper / sun shade		

Car Maintenance and Fuel Log

Range is readiness: the half-tank rule, recorded

Refuel at half a tank, always. Log services and fuel so the pattern is visible at a glance.

Date	Odometer	Fuel added / service done	Notes

72-Hour Menu - Overview

Three days of food that needs little or no cooking

The menu below is a pattern, not an order: swap any line for the equivalent your household actually eats, and write the swap in pencil. Every meal is no-cook or flask-only, uses the stored-food groups from the main planner, and repeats on purpose - familiarity beats variety in a hard week.

- [ ] Per person, per day: roughly three meals plus snacks and drinks - adjust for appetite and age.
- [ ] Water is planned separately on the Water Plan page: food and drink never share the same litre-count.
- [ ] Instant oats, wraps, nut butter, tinned fish and fruit carry most of these meals - all store well.
- [ ] Test one full day of this menu at home before you rely on it; note what nobody would eat twice.
- [ ] Babies, medical diets and allergies always override this pattern - plan those lines separately.

72-Hour Menu - Day 1

Tick each meal as packed; one column per person if you pack separately

Meal	Food (per person)	Drink
Breakfast	Instant oats, dried fruit, long-life milk	Water / tea / coffee
Midday	Tuna and sweetcorn wraps, crackers	Water / cordial
Evening	Pasta pouch or ready meal, tinned fruit	Water / hot chocolate
Snacks	Cereal bars, nuts, chocolate	Electrolyte drink

SWAPS FOR OUR HOUSEHOLD - write the foods you actually packed instead:

Packed for (names): ..... Packed on (date): .....

72-Hour Menu - Day 2

Tick each meal as packed; one column per person if you pack separately

Meal	Food (per person)	Drink
Breakfast	Muesli, powdered milk, dried apricots	Water / tea / coffee
Midday	Nut butter wraps, crisps, dried apple	Water / juice (long-life)
Evening	Bean and rice pouch, biscuits	Water / hot chocolate
Snacks	Trail mix, cereal bars, sweets	Electrolyte drink

SWAPS FOR OUR HOUSEHOLD - write the foods you actually packed instead:

Packed for (names): ..... Packed on (date): .....

72-Hour Menu - Day 3

Tick each meal as packed; one column per person if you pack separately

Meal	Food (per person)	Drink
Breakfast	Instant oats, honey, long-life milk	Water / tea / coffee
Midday	Chicken or ham pouch, crackers, pickles	Water / cordial
Evening	Soup pouch with crispbreads, tinned peaches	Water / hot chocolate
Snacks	Biscuits, nuts, chocolate	Electrolyte drink

SWAPS FOR OUR HOUSEHOLD - write the foods you actually packed instead:

Packed for (names): ..... Packed on (date): .....

72-Hour Water Plan and Log

One gallon per person per day - drinking first, hygiene second

Count people and pets, multiply, and write the total before you pack a single bottle. Car kit water and bag water both count - write where each share lives.

Share	Amount	Lives at
Adults - drinking (3 days)		
Children - drinking (3 days)		
Cooking / flask (3 days)		
Hygiene basics (3 days)		
Pets (3 days)		
TOTAL		

REFILL AND ROTATION LOG

Date	What was refilled / rotated	Initials

Grab List - Documents and Valuables

The last five minutes: what hands grab on the way out

Keep this list on the inside of the door the bags live by. Documents first, valuables only if time is truly spare.

- [ ] Document envelope from the main planner (originals or copy set).
- [ ] Medicines bags for people and pets.
- [ ] Phone chargers and power banks (top pockets of adult bags).
- [ ] Wallet, keys and the cash envelope.
- [ ] Glasses, hearing aids and other daily essentials.
- [ ] Baby bag and pet carriers.
- [ ] Laptop or drives only if they are already by the door - never go back for them.
- [ ] Sentimental items only from the pre-packed small box by the exit.
- [ ] Lock windows and doors behind you if - and only if - it costs no time.
- [ ] Nothing on this list outranks a person or a pet. Ever.

PACKED BY: ..... DATE: ..... BAG COLOUR / OWNER: .....

Route Map - Primary Route

Draw the main way out: streets, landmarks, fuel and the destination



Draw: your street, the primary route (bold), fuel stations, the destination, and any bridge, low spot or jam point on the way.

Route Map - Alternate Route

The way you go when the primary route is closed



Draw the alternate route in full - do not rely on remembering where it joins the primary. Mark where the two routes cross.

Route Notes and Fuel Stops Log

Distances, timings and fuel - from a calm practice drive

Drive both routes once in normal times and write the truth here: how long, how far, and where the fuel is.

Route / stop	Distance / time	Fuel / notes
Primary route - total		
Alternate route - total		
Fuel stop 1		
Fuel stop 2		
Rest stop		
Destination address		

Leave in 15 Minutes - Master Checklist

Timed, in order - practise it once so the real run is calm

Minutes 0-5: people and pets. Minutes 5-10: bags and documents. Minutes 10-15: home secured and out.

- [ ] Call every member to the exit; count heads out loud.
- [ ] Pets into carriers or on leads - before any bag is touched.
- [ ] Go-bags on backs or in the car, heaviest first.
- [ ] Document envelope and medicines grabbed (see the Grab List).
- [ ] Baby bag and pet bags in the car.
- [ ] Water share for the car checked - bottles present, not assumed.
- [ ] Doors and windows closed; utilities off if your event pages require it.
- [ ] One last room sweep using the Room-by-Room page.
- [ ] Text the out-of-area contact: leaving now, destination, route.
- [ ] Lock up, count heads again in the car, then drive the planned route.

PACKED BY: ..... DATE: ..... BAG COLOUR / OWNER: .....

Leave in 15 Minutes - Room by Room

One named person per room - tick, call out, move on

Assign rooms before any event. The sweeper checks people, pets and grab items - nothing else.

- ☐ Hallway / exit: bags, keys, document envelope, torches.
- ☐ Kitchen: medicines, baby food, pet food if stored here.
- ☐ Living room: chargers, power banks, glasses, hearing aids.
- ☐ Main bedroom: cash envelope, jewellery box (pre-packed), clothes layer.
- ☐ Children's rooms: comfort items, bags, shoes.
- ☐ Bathroom: hygiene grab bag, medicines cabinet checked.
- ☐ Pets' area: carriers, leads, pet bags, bowls.
- ☐ Utility / garage: car kit confirmed, fuel can only if your plan says so.
- ☐ Every room: windows closed, nobody and no pet left inside.
- ☐ Sweeper calls 'clear' room by room to the person at the exit.

PACKED BY: ..... DATE: ..... BAG COLOUR / OWNER: .....

When You Arrive - Check-In Log

Log each arrival so the whole chain knows who is safe, and where

Date / time	Who arrived	Where	Who was told

Return Home Checklist

Coming back safely matters as much as leaving well

Do not re-enter a damaged home until officials or utilities say it is safe. Work this list from the doorstep.

- ☐ Check for damage, smells of gas and fallen lines before anyone enters.
- ☐ Photograph everything before moving or cleaning anything.
- ☐ If anything smells of gas or shows electrical damage: leave and call the utility.
- ☐ Check water and food stores; discard anything flood- or smoke-exposed.
- ☐ Wash hands before eating; clean surfaces before food touches them.
- ☐ Log damage on the Recovery Log in the main planner the same day.
- ☐ Call the insurer within the window your policy requires.
- ☐ Repack go-bags and car kit within a week (see the Refresh Log).

PACKED BY: ..... DATE: ..... BAG COLOUR / OWNER: .....

Travel Notes 1

Trip plans, practice-drive notes and lessons from the road

Travel Notes 2

Trip plans, practice-drive notes and lessons from the road

Contacts On the Road

The numbers the road needs - services along your routes

Service	Name / location	Phone
Breakdown service		
Usual garage		
Destination host		
Neighbour with a key		
Out-of-area contact		
Insurance claims line		
Vet (home)		
Vet (destination area)		

Passenger and Pet Travel Log

Who travelled, in which car, with what - settled before wheels move

Date / trip	Passengers and pets	Vehicle	Bags aboard?

Seasonal Car Kit - Winter and Summer

Swap the season layer twice a year, with the go-bag refresh

Winter layer in autumn, summer layer in spring - same week as the bag refresh, so the habit holds.

- [ ] WINTER: blanket per passenger, shovel, grit or sand, ice scraper.
- [ ] WINTER: warm hats and gloves for driver and passengers.
- [ ] WINTER: check antifreeze, battery and tyre tread before the season.
- [ ] SUMMER: extra water (heat raises need fast), sun shades, hats.
- [ ] SUMMER: check coolant, air conditioning and tyre pressure.
- [ ] BOTH: torch, charger, first aid and documents - checked, not assumed.
- [ ] BOTH: food stock swapped for the season (heat spoils some bars).
- [ ] Write the swap date on the Car Maintenance Log when done.

PACKED BY: ..... DATE: ..... BAG COLOUR / OWNER: .....

Final Check - Bags by the Door

The one-page audit: walk it, tick it, date it

Do this audit twice a year and after every real use. Every tick must be true today, not remembered.

- ☐ Every person has a bag, labelled, liftable by its owner.
- ☐ Every bag matches its checklist page - spot-check three items per bag.
- ☐ Food and water in bags and car are in date (see the Refresh Log).
- ☐ Medicines are current and lists match what is actually packed.
- ☐ Documents envelope is complete and in its one known place.
- ☐ Car kit is complete and the car is above half a tank.
- ☐ Pet carriers and pet bags are beside the human bags.
- ☐ Route maps are drawn and the Grab List is on the door.
- ☐ Contacts cards are in every bag and still accurate.
- ☐ Next refresh date is written here: .....

PACKED BY: ..... DATE: ..... BAG COLOUR / OWNER: .....

Keep Going!

Your household is ready - keep it that way

You built a working system - water, food, light, documents, routes and a budget. Keep it alive with the monthly and quarterly checklists.

1) Claim your FREE mini gift pack

A complete mini whodunit case, free on our hub gift page.

Claim Your Free Gift

https://puzzlepouttalon-hub.pages.dev/gift/?src=pdf-gift

2) More ready-to-print packs from Marcus Vale

Whodunit Detective Puzzle Pack v2
100 ready-to-print detective mystery puzzles with full answer keys.
View on the Hub ->

AI KDP Master-Pack
A 12-volume printable puzzle collection for KDP publishers, with full answers.
View on the Hub ->

Cold Case Detective Studio
Printable cold-case files: evidence sheets, suspect profiles and case puzzles.
View on the Hub ->

AI KDP Prompt Pack - 500 Prompts
500 ready-to-use ChatGPT prompts for creating KDP activity and puzzle books.
View on the Hub ->

Mythic Creature Atlas & Lore Pack
A printable field-guide atlas of mythical creatures - maps, lore, activities.
View on the Hub ->

3) Everything else lives on our official hub

Browse the Full Catalog on the Hub

https://puzzlepouttalon-hub.pages.dev/?src=pdf-readyhome-bump

Support, any time: puzzle-pout-talon@duck.com

Thank you for preparing with us - stay ready, stay calm.