JOURNALIST GO BAG

In times of crisis, every journalist should have a bag that carries needed items; one that they carry with them or in their car at all times. The bag contains most essentials – items that will allow them to remain mobile for several days if needed. You may not want to carry all of these items, but it’s a good list from which to start. This list is a work in progress. Please notify us of items you think should be added, and why. We’ll update the list with the best suggestions.

One other note: ALL journalists should be trained in basic first aid, so that you can take care of yourself and others if needed. Don’t risk your life – get the training. And find something more in-depth than basic training from The American Red Cross – their courses do not go deep enough. At a minimum, look for a ‘wilderness first aid’ qualification.

| DOCUMENTS | o Driver’s License  
o Press Pass/News ID Card  
o Assignment letter (if freelancer)  
o Insurance card for emergency healthcare access  
o At least 2 passport-sized photos (for emergency IDs)  
o $250 in small bills kept securely in a Ziplock bag  
o Work emergency phone tree, including company attorney |
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| ELECTRONICS | o Mobile phone and charger  
o Computer (if needed) and charger  
o Personal electronics – Kindle, extra phone  
o External hard drive or other storage device for docs  
o Flashlight/headlamp, extra batteries  
o GPS if required  
o Consider paper maps – electronics can and will fail  
o Rain covering for electronics/bags |
| FIRST AID | o Personal first aid kit  
o Tourniquet  
o Personal prescriptions (2 weeks minimum), and copy of script  
o Over-the-counter meds (acetaminophen, ibuprofen, others)  
o Personal hygiene kit  
o Sunscreen, insect repellent  
o Emergency blanket  
o Blood Donor Card (in case you require a transfusion)  
o Alcohol (minimum 70%) hand sanitizer, alcohol pads, wet wipes, lip balm  
o Vitamin Supplements |
## CLOTHING
- Hat (sun protection, warmth in winter)
- Gloves (if colder climes)
- Rain Jacket
- Close-toed shoes or hiking boots
- Extra underwear, socks, shirts

## MISCELLANEOUS
- Backpack
- Breakfast bars/other snack items in case you get stranded (tuna packets offer quick protein)
- Water bottle(s)
- Glasses if you wear them, sunglasses
- Notepad, pen/pencil
- Lighter or waterproof matches
- Plastic bags
- Duct tape
- Toilet paper
- Toothbrush and paste, deodorant, other basic toiletry items
- Pocket knife or Leatherman-like tool

## IF CROSSING BORDERS
- Passport
- Photocopy of Passport identification page, kept separately
- Yellow Fever Card and Immunization book

## CARRY ON YOUR PERSON
- Whistle
- Watch
- Space pen (works in rain, upside down)

## PANDEMIC ITEMS
- Masks (N95 or better – must stop PM2.5 particles)
- Nitrile gloves (non latex)
- Protective eyewear that meets Z87/ANSI standard
- Bandana
- More alcohol (minimum 70%) hand sanitizer, alcohol pads

Need more? [Here’s a packing list](#), produced for the [Society of Environmental Journalists](#), for those who cover natural disasters. You’ll find many of these same items, with additional things that will prove useful while in the field.

For another option, one that is much more robust, [check out this list](#) from Chris Post of NPPA.

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