

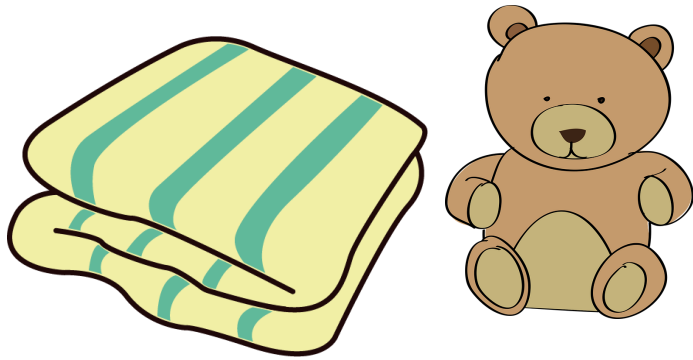


Child Emergency Kit



Backpack	Bag Tag with Child ID								
Clothing	Long sleeve shirt*	Sweat pants*	Hoodie*	3 under-wear*	3 socks*	Shoes*	Gloves	Rain poncho	Beanie
Warmth	Blanket								
Food	3 days non-perishable food*	Water 1 gal/day							
Light	Flashlight	Extra batteries*	Glow sticks*						
First Aid	Small kit	Hand warmers*	Whistle	Bandana	Prescription meda(3 days)*	Children's pain reliever*			
Hygiene	Toothbrush	Tooth-paste*	Lip balm	Sunscreen*	Hand Sanitizer*	Wipes*			
Records	Birth certificate	Family picture*	Emergency Contacts*	Immuniza-tion record*	\$10 coins & small bills				
Fun	Notebook pen/pencil	Coloring book	Card game	Book	Small light-weight toy				

*Check and rotate every 6 months



Prepare your child for an emergency

Get your kids involved. Young children need to be part of the process for their own safety and sense of empowerment.

Useful Tips

- ⇒ Use a backpack. It is easy to carry and keeps your hands free.
- ⇒ Pack long sleeve shirt and pants. During an emergency in warm weather, sleeves and pant legs can be cut off.
- ⇒ Pack some familiar items and foods that will give comfort. A family picture can be reassuring.
- ⇒ Following a disaster, there may be power outages that could last for several days. Store foods that do not require refrigeration, cooking, water or special preparation. If needed, be sure to include a can opener and eating utensils. Choose foods that your children will eat.

- ⇒ Work together to build an emergency kit.
- ⇒ Sit down as a family to talk about your communications plan.
- ⇒ Role-play what you would do during a disaster.
- ⇒ Good health and nutrition habits now will help prepare you for emergencies.

