

# Infant Emergency Kit



- ☐ **Diapers** – 20-25 (next size up)
- ☐ **Wipes** – 80 count
- ☐ **Plastic bags** for disposing dirty diapers
- ☐ **Documents**—birth certificate, family picture
- ☐ **First aid kit**
- ☐ **Baby lotion**—travel size
- ☐ **Hand sanitizer**
- ☐ **Sunscreen** – SPF 50 – travel size
- ☐ **Nasal aspirator**
- ☐ **Medicine**
- ☐ **Medicine dropper**
- ☐ **Jars of infant food** – if eating solids
- ☐ **Spoon**
- ☐ **Bib**
- ☐ **Change of clothes** – 2 sets (next size up)
- ☐ **Blanket**
- ☐ **Pacifier**
- ☐ **Small toy**
- ☐ **Sling or baby carrier**—strollers don't work well in areas covered with debris
- ☐ **Water** – 1 gallon to mix 96 hours worth of powder formula  
or for breastfeeding mom to drink



## If not breastfeeding:

- ☐ **Water** (see above recommendation – will need more for washing bottles)
- ☐ **Formula for minimum 30 oz/day x 4 days = 120 oz** (liquid formulas need refrigeration after opening)
- ☐ **Bottles and nipples** – 3 of each
- ☐ **Dishwashing detergent**
- ☐ **Bottle and nipple brushes**

## If breastfeeding:

Maintain breastfeeding when possible. Breast milk is a perfect source of safe nutrition for your baby. Ask an emergency health worker for help re-lactating if needed.

**In an emergency or disaster** there may be  
**limited food, water, utilities, and transportation.**

It is critical to be prepared if you have an infant or child in your home.

### **Myths and facts**

- **Myth: “Relief Agencies will provide formula for my baby.”**

Fact: It can take 72 hours or longer for relief supplies to be delivered to disaster areas. If you are formula feeding, be sure to have a supply of your own.

- **Myth: “ Women under stress can’t breastfeed.”**

Fact: Mothers can make milk and breastfeed in stressful situations. Finding a quiet, safe place to feed your baby can help you both relax.

- **Myth: “Once I have stopped breastfeeding, I won’t be able to get my milk back.”**

Fact: A mother can make breastmilk again. It may take a week or so, but letting the baby suckle will help make milk. Don’t hesitate to ask for help from a health care worker or breastfeeding support specialist.

### **Breastfeeding tips**

- Keep your baby close to you and feed often for comfort and nutrition.
- Have access to clean water. Drink to satisfy your thirst as needed.
- A perfect diet isn’t important in an emergency, but be sure to eat adequate calories and drink plenty of fluids.
- Breast pumping supplies will need to be washed and sanitized.

### **Formula feeding tips**

- Keep emergency formula in your emergency kit. This is especially important if your baby uses a specialty formula.
- Remember to pack clean bottles and nipples.
- Have a plan for cleaning bottle supplies.
- Refrigeration may be a problem for liquid formulas. Consider using powder formula mixed with clean water.