

## Emergency Kits or “Go Bags” for Infants and Children

These are suggested items. For both infants and children, some items (such as phone) might need to be added at the last minute. Make a list of everyday items that you might need to grab quickly; attach it to the bag.

### CHILDREN

If possible have a separate, age-appropriate kit for each child, ideally in a bright-colored backpack. Involve kids in putting it together and making choices.

- Flashlight or headlamp, spare batteries, glow stick
- Emergency whistle
- Hygiene kit - shampoo/body wash, toothbrush and toothpaste, washcloth
- Hand sanitizer, anti-bacterial wipes, face mask
- First aid supplies - bandages, gauze pads, antibiotic cream
- Medicines - child acetaminophen (Tylenol) or ibuprofen (Advil), tummy relief, child's regular medicines if any
- Bottled water
- Snacks - granola/protein bars, fruit roll ups/bites or dried fruits, tuna packs, peanut or almond butter packs, suckers, hot chocolate mix or tea bags, other treats (not chocolate)
- Change of clothes (1-2 sizes larger) for 3 days, extra underwear, sturdy shoes and heavy socks (such as wool hiking socks), jacket
- Rain poncho, emergency thermal blanket
- Hand warmers
- \$20 in small bills and change
- Phone, tablet, charger, solar charger, ear buds
- Walkie-talkie
- Quiet activity kits (age appropriate) - paper, crayons, card games, book, dice
- Comfort item - stuffed animal, blanket, etc.
- Surprise item

### INFANTS

Create an Infant Go Bag for at least 3 days. Start before the birth so you are prepared in case an emergency strikes. Keep in a separate bag or make it a part of your family Go Bag.

Be prepared to breastfeed, even if this isn't your first choice; it is the safest food for your infant in a disaster. Even if you are using bottled water and washing and boiling all the supplies, nothing beats the built in sanitation of breastfeeding.

Consider these items when planning a basic 72 hour emergency kit for an infant or newborn:

- 96 oz (12 cups) of water - can feed a baby drinking up to 32 oz a day
- Powdered formula, at least 48 scoops worth; consider powdered goat milk - full of nutrients, antioxidants and containing no antibiotics, unlike regular cow's milk
- Baby food and snacks, such as mashed apples, pears or bananas in soft plastic containers. Avoid glass jars. Dehydrated baby food, packed in small pouches, will need extra water to re-hydrate it plus a source of heat.
- Pedialyte
- 2-5 bottles and spare nipples

- Several burp rags or a small blanket
- Thermos-type container - acts like a mini fridge or can keep formula warmer longer
- Manual breast pump
- A nipple cream known to be helpful
- 1-2 boxes of disposable nursing pads
- Diapers, at least three days' worth:
  - Disposable diapers (around 18-20) and diaper tape, packed in sealable plastic bag to keep dry - OR
  - Cloth diapers (around 3-5) and waterproof diaper cover, plus diaper pins or snaps; put all together in separate bag so they are easy to find.
- Diaper wipes
- Baby powder, diaper rash cream, Bag Balm or Eucerin Aquaphor (travel size)
- Clothes - pack in a strong dry bag. Include clothes 1-2 sizes too big.
  - 5 onesies, 5 footie pajamas, 2-3 pairs of pants,
  - 6-10 pairs of socks – can also be used as mittens to keep hands warm.
- Ziplock baggies (gallon size) for stashing dirty clothes and diapers
- Hand sanitizer, tissues and/or toilet paper
- 2 emergency blankets, 2-3 receiving blankets, hand warmers
- Favorite toys
- 2 pacifiers
- Teething tablets or gel, toothbrush
- Baby wash, shampoo and baby lotion
- Sunblock - baby formula
- Infant Tylenol and Motrin (best for teething), other medicines
- Baby's first-aid kit, with band aids, antibiotic cream, blunt scissors, nail clippers, cotton balls, thermometer, medicine dropper, baby nasal aspirator (bulb syringe), etc.
- A quality baby wrap or baby carrier - When in an emergency, you might need to carry your baby and have both hands free. A baby wrap can be easily turned into a hammock or even a blanket in times of need.

Learn [first aid techniques for infants](#)

**EMERGENCY CONTACT AND ID card** - Create an information card or page for each child. Put in sealable (e.g., Ziplock) plastic bag or laminate it to keep it clean and dry. Keep it in the child's emergency kit. On the card include:

- Child's name and age, birthdate with year
- Child's home address(es) and best phone number(s)
- Parents'/guardians' names, phone numbers, email addresses
- Name and information for a local contact who is NOT a parent - someone your child is comfortable with if neither parent can be found or reached
- Names and ages of any siblings
- Child's medical issues, if any - Put "No medical concerns" if no issues.
- Child's vaccination and allergy records
- Child's dietary restrictions, if any

**>> Attach a photo of the child (updated every year) and a photo of the family**