

EMERGENCY

Child Backpack Checklist

Emergency Supplies:

	Emergency Blanket
	First Aid Kit
	Flashlight with Batteries
	Hand warmers
	Life Straw
	Poncho
	Whistle

Hygiene:

	Baby Wipes
	Chapstick
	Comb
	Hand Sanitizer
	Kleenex
	Lotion
	Shampoo/Conditioner
	Soap
	Toilet Paper
	Toothbrush/Toothpaste
	Washcloth/Hand towel

Documents:

	Emergency Phone Numbers
	Family Emergency Plan
	Name, Address, Family Photo

Activities:

	Activity Book
	Notebook and Pencil/Pen
	Game or toy

Clothing:

	Long Shirt and Pants
	2 Pair of Socks
	2 Underwear

Food: Day 1

	B	Instant Oatmeal, Carnation
	L	Crackers/Peanut Butter, fruit
	D	Ramen Noodles, Pudding Cup
	S	Fruit Snacks, Trail Mix
		2-3 Bottles of water

Day 2

	B	Instant Oatmeal, Carnation
	L	SpaghettiOs, Pudding Cup
	D	Easy Mac, applesauce
	S	Granola bar, fruit snacks
		2-3 Bottles of water

Day 3

	B	Instant Oatmeal, Carnation
	L	Tuna/crackers, Pudding Cup
	D	Canned chicken, fully cooked rice pouch
	S	Granola bar, Trail Mix
		2-3 Bottles of water