



Water



Snacks



Space blanket



Spare clothes



Small First Aid Kit



Shoes



Medicine (if needed)



Whistle



Hygiene items (toothpaste, toothbrush, soap, shampoo)



Tissues



Toilet paper



Hand sanitizer



Backpack with many pockets (to help keep it organized)



Comfort item (small plush toy)



Child's ICE (In Case of Emergency) card (photo, name, allergies, medications, contact info for parents and out-of-state contact, etc.)

Flashlight

Extra batteries



Dust mask



Small radio



Cell phone charger



Notepad and pencil



Coloring book and crayons



Photos of child with family



Small game



Rain poncho

Start with a backpack with many pockets (it helps to keep everything organized!)

What goes in the backpack?

- Water (a couple of small bottles – teach your child to drink them and replace them)
- Snacks (energy bars, raisins, things that will keep) – check dates and replace regularly
- Space blanket
- Spare clothes – check and replace regularly – children grow!
- Sturdy shoes
- Small first aid kit
- Medicine and dosage (if needed)
- Basic hygiene items, like:
 - toothpaste
 - Toothbrush
 - Soap
 - Shampoo
- Tissues
- Toilet paper
- Whistle (you can blow it louder and longer than you can yell!)

- Hand sanitizer
- Small radio
- Flashlight
- Extra batteries
- Dust mask
- Cell phone charger
- Notepad and pencils
- Rain poncho
- Coloring book and crayons
- Small game
- Comfort item (small plush toy? Small blanket? Whatever can give the child comfort)
- Photos of child and family (for comfort and for identification and help reuniting families)
- Child's ICE card (In Case of Emergency) should have: photo, name, allergies, medications and dosage, contact info for parents, trusted adults, out-of-state contacts, etc.

Have your child help you put it together and then try it on. If it's too heavy for him/her, select the most important items.

DIY EMERGENCY BACKPACKS FOR KIDS

