

INFANTS

Create an Infant 72-hour Kit. Start Before the Birth So You Will Be Prepared for it when Emergency Strikes. Put the Baby's Bug Out Bag in a Separate Bag or Make It a Part of Your Family 72-hour Kit.

Be prepared to breastfeed, even if this isn't your first choice – it is the safest food for your baby 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, not to mention the antibodies that are passed to the infant during breastfeeding.

Consider These Items While Planning a Basic 72 Hour Kit for Infants or Newborns:

- 96 oz of water (can cover a baby drinking up to 32 oz a day)
- Formula –POWDERED ONLY – be sure you have at least 48 scoops worth
- Powdered goat milk -jam-packed with nutrients, antioxidants and contains no antibiotics unlike your regular cow's milk;
- Baby food and snacks: mashed apples, pears, or bananas in soft plastic containers. Steer clear glass jars; dehydrated baby food and pack it into small pouches; you'll need some extra water to re-hydrate it and a source of heat;
- 2-5 bottles and spare nipples
- Infant feeding tube and a syringe
- Small bottle of gripe water. Look for a fast acting formula such as [Little Remedies](#).
- Three days' worth of diapers (around 18-20) and diaper tape; vacuum seal
- Cloth diapers (around 3-5) + waterproof diaper cover (without it, cloth diapers will leak) + diaper pins or snaps; all together in separate bag so that you don't have to look for them
- 2 packs (72 count each) of Diaper Wipes
- Clothes- pack 2 sizes too big; vacuum seal the non-essentials before throwing them in your infant's 72-hour kit. Baby clothes should be kept in a hardy dry bag. 5 onesies, 5 footie pajamas, 2-3 pairs of pants, 6-10 pairs of socks – they can double as mittens for keeping hands warm too
- Several burp rags or smaller blanket
- 2 emergency blankets
- favorite toys –
- Hand warmers;
- A tried-and-tested nipple cream
- Manual breast pump.
- [Thermos](#) (acts like a mini fridge or can keep formula warmer longer)
- toilet paper
- Teething tablets or gel
- Pedialyte

- 1-2 boxes of disposable nursing pads
- Sunblock –baby formulas
- Hand sanitizer
- Baby wash, shampoo, and [a good baby lotion](#) (travel size);
- Tissues
- 2 pacifiers
- Infant Tylenol and Motrin (which is best for teething)
- Bulb syringe aka baby nasal aspirator
- Baby powder
- Diaper rash cream. Bag Balm Walmart) or Eucerin Aquaphor (travel size)
- 2-3 receiving blankets
- Ziplock baggies (gallon size) for stashing dirty clothes and diapers
- Consider packing a small camp stove for boiling water for sanitizing
- Learn [first aid techniques for infants](#)
- Baby's first-aid kit, contain band aids, Neosporin, a pair of blunt scissors, nail clippers, cotton balls, thermometer, medicine dropper, nasal aspirator, medicines, toothbrush, and so on.
- Quality baby wrap. 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 blanket in times of need.

The most important tool in your kit is a [Baby Wrap Carrier](#) (like this one found at Amazon). An infant reacts to trauma as well and will have an increased

KIDS

If your child has a special blanket or stuffed animal that comforts them, consider buying a duplicate and putting it in their emergency kit just in case you must leave the house quickly and your child doesn't have a chance to grab the other one. put a surprise or two in your bag to present to the child when you get to the shelter, hotel, or the place where you land.

Beef jerky, tuna packs

- Dried fruit packages
- Single serve almond butter

Suckers/hard candies/Ring Pops

Special treats will be important as comfort items during emergencies, but don't pack anything that can easily melt like chocolate.

- Granola/protein bars
- Raisins
- [Single serve Kool-Aid packs](#)
- Gummy snacks/fruit roll ups
- Squeeze fruit
- [Powdered Milk Single Serve Packets](#)
- Hot chocolate packs and/or tea bags

place your paperwork in a plastic bag Including copies of your identification and your child's identification is important for your pack. your name and address
your child's name and address

- emergency contact phone numbers (include your number on the list in case your child gets separated from you)
- child's vaccination and allergy records
- photo identification
- copies of your driver's license
- copies of your passport
- copies of your insurance cards

Current Picture

Emergency thermal blankets

Change of clothing buying a size larger clothing for the bag. three changes of underwear and three changes of good socks (like wool hiking socks).

\$10 in ones and one dollar in quarters.

head lamp flashlight

Phones/Tablets/Chargers, earbuds

Toothbrush kit and hygiene kit (travel shampoo, soap, and wash cloth)

Antibacterial wipes

Emergency whistle

Children's Acetaminophen and Ibuprofen any regular medication

Quiet toys on the go coloring/activity/sticker packs

deck of cards

pair of dice (for made up games)

small packs of Lego blocks

small puzzle packs

coloring sheets/paper/crayons

Favorite Blanket or Stuffed Animal

include one new (unseen) surprise item

walkie talkies, glow sticks, hand warmers, masks,

Emergency Go Bags for Kids: a different color for each child

Make age appropriate, Involve your kids-help make choices

A small backpack — we chose bright orange so they will be easily seen

Waterproof flashlight, Spare batteries, glow stick, whistle

Shampoo/Body Wash, Toothbrush and Toothpaste

Hand sanitizer, Hand wipes, hand warmers

Masks

Bandages, Gauze pads, Antibiotic Cream

Medications, child ibuprofen, Tummy relief (Tummygize Essential Oil)

Snacks — granola bars, fruit pouches, roll ups, fruit bites, Freeze-Dried fruit & veggies, tuna packs, jerky, peanut butter packs,

Bottled water

Change of clothes-1-2 sizes larger, extra socks

Extra shoes, poncho, thermal blanket

\$20 in small bills and change

Phone, charger, solar charger, ear buds

Walkie-Talkie

Age appropriate Quiet Activity kits- Paper, crayons, cards, UNO, Phase 10, book, dice

Comfort item — stuffed animal, blanket, etc

Surprise item

[ICE Contact Card](#)

1 – Write the child's name and age at the top. birthday with year, update picture every year,

2 –allergies/dietary restrictions.

3 –medical concerns. (NONE if none), direct to back of the card if concerns to explain.

4 –BOTH parents' names, phone numbers, email addresses, physical addresses.

5 –siblings (put names & ages in parentheses)

6 –local contact who is NOT a parent. someone your child is most comfortable with if neither parent can be found/reached.

7 – Tape a picture of the child to the front.

8 – Tape a family picture to the back

9 – Laminate this card or stick it in a Ziploc bag to keep it safe and dry.