



72-Hour Kit (Children)

Children need their own 72-hour kit to meet their dietary needs, hygiene, and comfort items to keep them occupied during long stretches of time during emergencies. When preparing a backpack or bag for them, attach a tag to the kit with the child's name. If your child takes special medications or prescriptions, also add a tag as a reminder to grab those medicines. Items that could be included in the kit (be sure to rotate perishable items yearly):

- Family picture(s) with names and phone numbers/email addresses (in case they get separated from you or if you have a child who can't verbalize who they are)
- Water (enough for three days)
- Food that is age appropriate or that your child will eat: MRE's (Meals Ready To Eat—just add water), food that is ready to eat without water, freeze dried veggies, freeze dried fruit, freeze dried yogurt bites, snacks, graham crackers, peanut butter crackers, cereal, raisins, fruit leather, fruit snacks, etc.
- Candy (such as suckers)
- Juice boxes
- Cup, plate, bowl & silverware/child mess kit
- Reading books
- Colored pencils/non-electric pencil sharpener or markers, crayons (not for car or garage—they'd melt)
- Paper, tablets, coloring books
- Puzzles, games, small activities
- Medications: Motrin/Tylenol, Cough syrup (rotate yearly)
- Any medication you use occasionally: antibiotic ointment, Vaseline, saline spray, etc.
- Baby wipes/diapers/formula/baby food/baby food grinder/pacifiers
- Solar or small blankets
- Small pillow
- Hand sanitizer
- First Aid Kit (child size Band-Aids)
- Extra clothes/jacket/sweater (sweat suits are ideal for storage, because you can cut the sleeves and legs off if the weather is too warm or wear them as is in cold weather)
- Child size N-95 masks--practice with these BEFORE you need to use them
- Bible/Scriptures, etc.