**Food and Water**

Infant 72 Hour Kit Checklist

* 3 gallons of water
* Formula
* Baby Cereal
* Crackers and snacks
* Water Purification Tablets
* Spoon/Bowl/Bottles
* Bottle Brush and Dish Soap

**Clothing**

* 6 outfits (onesies- long sleeve and short, sleepers)
* Socks and Shoes
* Pants
* Light Weight Jacket
* Coat/Hat/Gloves & other cold weather gear
* Rain Pancho
* Sunglasses and Hat

**Personal Supplies & Medication**

* Diapers (disposable and cloth with safety pins)
* Wipes & Diaper Rash Cream
* Soap
* Wash Cloth
* Burp Cloths and Bibs
* Prescription medication
* Lotion
* Sunscreen
* Comb/Brush
* Toothbrush/toothpaste
* Respiratory Mask
* Teething Toy/ Teething Tablets
* Pacifiers
* Bulb Syringe/Saline/Gas Drops
* Baby Tylenol/Ibuprofen with Syringe
* Stuffed Animal
* Books and Toys
* Copy of Immunizations
* Recent Picture/Information/List of Allergies and Medications
* Ziploc Bags or grocery bags

**Shelter & Bedding**

* Emergency Heat Blanket
* Blanket
* Plastic Sheet or Tarp
* Carrier/Sling
* Car Seat

Child 72 Hour Kit Checklist

**Food and Water**

* 3 gallons of water
* Trail Mix/Dried Fruit
* Crackers/Cereal
* Canned beans, tuna, chicken, peanut butter or MREs
* Canned Juice
* Candy/Gum (avoid mint flavored items and anything that might melt)
* Water Purification Tablets
* Can Opener
* Spoon/Fork/Knife/Cup or Sippy/Bowl/ Plate

**Clothing**

* Short Sleeve Shirt
* Long Sleeve Shirt
* Underwear (multiple pairs)
* Pants
* Socks and Shoes
* Light Weight Jacket
* Coat, Hat, Gloves and other cold weather gear
* Rain Pancho
* Sunglasses
* Watch
* Reflective Vest

**Personal Supplies & Medication**

* ID Card/Personal Information Card
* Prescription medication
* Toilet Paper
* Wipes
* Hand Sanitizer
* Lotion
* Sunscreen
* Comb/Brush/Hair Elastics
* Toothbrush/toothpaste/Floss
* Respiratory Mask
* Stuffed Animal for comfort
* Coloring Books and Crayons
* Toys
* Deck of Cards
* Book
* Ziploc Bags or grocery bags
* Flashlight
* Glow Sticks
* Whistle

**Shelter & Bedding**

* Emergency Heat Blanket
* Blanket or sleeping bag
* Cloth Sheet
* Plastic Sheet, Tarp or Tent

Emergency Baby Recipes

**Emergency Baby Formula:**

Ingredients:

1/3 cup plus 2 Tbsp. Instant Powdered Milk

OR

1/4 cup Non Instant Powdered Milk

1 1/2 cup Boiled Water

1 Tbsp. Oil

2 tsp. Sugar

Instructions:

Mix Powdered milk and water together. Blend thoroughly. Add oil and sugar.

If baby bottles are not available,

milk can be spoon fed to an infant.

**Soy Milk Formula:**

Soy milk is a good substitute for any one that is allergic

to cow's milk.

Soak 2 cups Soybeans for 12 hours.

Change the water frequently.

Grind soaked, raw beans with a fine blade in a food grinder.

Add 6 cups water to the beans in a large pan.

Cook until foamy for 1 hour.

Put through a blender, then strain through a cheesecloth.Refrigerate.

**Emergency Baby Food**:

Ingredients:

3/4 cup Cereal Grain

1/4 cup Beans

Instructions:

Boil until soft, then press through a sieve.

Boil again to insure that it is bacteria free.

This will provide good protein and iron, as well as calories.This can be fed to infants under 6 months if adequate milk is not available, but it must be pureed to a fine texture.

* Have a “Quick List” with no more than five or six items that need to be thrown into the backpack in case of evacuation. For example, their favorite blanket or comfort toy, baby carrier or special/current medicine that is being taken. Have this list attached to the outside of their backpack to remind yourself to grab those items.

Planning Tips

* Keep a current individual and family picture in each kit

Make sure to include children in your planning and then ***practice*** what you plan.

Make sure children know the following:

* Meeting location outside of your home
* Meeting location outside of your neighborhood
* Their parents phone numbers
* Their address
* If your child doesn’t speak yet, have this written down on a card and place in backpack or worn as a necklace in a lanyard, if they are too small to carry a backpack.