

Disaster Preparedness: Emergency Packing List For Families



Essentials For Everyone



Infant-Specific Needs



Young Child-Specific Needs



Fire-Specific Supplies

Print this checklist and keep it handy in case of emergency!



Essentials For Everyone



 Documents: Identification (passports, IDs, birth certificates) Insurance policies (home, health, car) Medical records and prescriptions Emergency contacts list (hard copy) Copies of important documents in waterproof folder Store records on a flash drive or external hard drive that can be taken with you 	
 Food and water: Bottles for formula or water Manual can opener Non-perishable foods (granola bars, canned food with pull-tab lids, etc.) Baby formula (powder or ready-to-feed) and baby food pouches Water: At least 1 gallon per person per day (1/2 gallon for consumption/ 1/2 gallon for hygiene) 	
 Clothing and blankets: Weather-appropriate clothes for each family member (layers for varying conditions) Infant onesies, sleepers, and socks Sturdy shoes and hats Warm blankets and a portable baby blanket or 	

swaddle



Essentials For Everyone



 First aid and hygiene: First aid kit Medications for each family member Diapers and wipes for the infant Pull-ups or spare underwear for the young child Feminine hygiene products Soap, hand sanitizer, and tissues Toothbrushes, toothpaste, and a hairbrush Plastic bags for waste disposal 	
 Lighting and communication: Flashlights and extra batteries Battery-powered or hand-crank radio Fully charged power banks for devices Phone chargers and adapters Glow sticks Your car will/can serve as a power supply to charge phones/devices 	
 Safety and tools: Multi-tool or Swiss Army knife Duct tape Matches or a lighter in a waterproof container Dust masks or N95 masks for smoke protection Emergency whistle Small denominations of cash and coins Local maps 	



Infant-Specific Needs

Feeding supplies: • Extra bottles and nipples • Formula dispenser (if needed) • Breast pump (if needed)		
Comfort items:PacifiersFavorite toy or loveySmall teether or rattle		
Carrying and resting:Baby carrier or slingTravel crib or bassinet (if possible)	le)	

Young Child-Specific Needs



Entertainment and Comfort:

Small toys, books, or activity kits
Comfort item like a stuffed animal or blanket

Snacks:

 Easy-to-eat, non-messy snacks like crackers, pouches or dried fruit

Clothing and Shoes:

Extra outfits and sturdy shoes



Fire-specific & Other supplies



 Fire-Specific Supplies: Fire-resistant blankets or jackets Eye drops for irritation Maps with evacuation routes Smoke-filtering masks for children (check sizing) 	
Optional but Useful:	
 Pet Supplies (if applicable): Pet food, bowls, leash, and carrier Comfort and Sleep: 	
 Travel pillows or inflatable mattress Earplugs (if sensitive to noise) 	