



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



Infant-Specific Needs



Feeding supplies:

- Extra bottles and nipples
- Formula dispenser (if needed)
- Breast pump (if needed)

Comfort items:

- Pacifiers
- Favorite toy or lovey
- Small teether or rattle

Carrying and resting:

- Baby carrier or sling
- Travel crib or bassinet (if possible)

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)