Tips

Select a container that is small and portable. Examples: Backpack, rolling luggage, plastic garbage can, sturdy boxes, ice chests, 10 gallon water jugs.

Group similar items together and place them in a zip bag for waterproofing and protecting your kit from internal spills.

Remove excess packing to save space.

Pack light items near the top of the kit, heavy items near the bottom.

Try to keep at least a half-tank of gas in your vehicle at all times.

Rotate food in the kit regularly. Set your clocks, check your stocks! Also, don’t forget to change out the clothing to keep up with growing kids.

Make sure all family members know what the kits look like and where they are kept.

Keep drinking water in case water supplies become polluted or disrupted. Store water in sturdy, leak-proof, breakage resistant containers. Keep water away from heat sources and direct sunlight.

Establish a financial reserve by saving a little money each week and gradually increasing it to a reasonable amount.

Important Documents

Make two copies and keep the originals of the following in a safe deposit box or waterproof container. Put one copy with your emergency kit and give the other to your out of town contact.

Wills, insurance policies, contracts, deeds, investments.

Passports, social security cards, immunization records, EIF.

Bank account numbers/credit card account numbers.

Inventory of valuable household goods.

Family records and photos (birth and marriage certificates).

Documentation to assist in identifying children who may be separated from their parents (photos, adoption records, birth certificates).

Disaster Preparedness

Is Easy as 1, 2, 3, 4!

Brought to you by the Idaho Chapter of the American Academy of Pediatrics

72-Hour Emergency Kit Check List

1. Find out what the disaster risks are in your area.
2. Create a family disaster plan.
3. Make a kit and be prepared.
4. Practice and maintain your plan.

“Kids are resilient. But the adults in their lives need to be aware that at times like these, children and teens may have questions or need help processing their feelings,” said Steven Krug, MD, FAAP, Chair of the AAP’s Disaster Preparedness Advisory Council. He added, “When reacting to or remembering disasters, children should be encouraged to take positive actions, and should be included in conversations about how we not only should prepare for adversity, but how we can learn from it and make things better.”

www.idahoaap.org
72-Hour Emergency Kit

Officials estimate most people will be on their own for 72 hours in a major disaster before agencies can provide relief, so preparing a 72-hour kit is important. It should be portable and easy to locate. It should be small enough to toss in the family car if evacuation is necessary.

- **Water**
  3 gallons of water (one gallon per person per day)
  Water purification tablets (will prepare 1 additional gallon)

- **Food**
  Supply of ready-to-eat canned or packaged food. Non-perishable, easy-to-prepare (3 day supply for evacuation, 2 week supply for home)
  Cups, plates, utensils
  Manual can opener

- **Emergency Currency**
  Cash and Credit Cards (Small Bills and Coins)

- **Emergency Communication**
  Hand-held radio (wind up or battery operated)
  Compass
  Paper, Pen/Pencil
  Whistle
  Important phone numbers
  Copy of important documents

- **Clothing**
  Change of clothing, undergarments, sturdy shoes
  Rain gear
  Sweatshirt or light jacket
  Hat (preferably that covers the ears)
  Pair of gloves
  Bandana

- **Hygiene Kit**
  Shampoo/Soap
  Washcloth
  Toothpaste and toothbrush
  Deodorant
  Toilet paper and tissues
  *Women: sufficient feminine hygiene supplies

- **Emergency Car Kit**
  - Matches in waterproof container
  - Paper, pencil/pen
  - Needles, thread
  - Whistle
  - Food (non-perishable)
  - Non-electric can opener
  - Water, one gallon per person per day
  - Extra batteries
  - Cash, change
  - First Aid Kit
  - Pliers/Wrench
  - Duct tape
  - Compass

- **Map(s) of the area**

- **Important phone numbers**

- **Food (non-perishable)**

- **Warmth and Light**
  Emergency blanket
  Flashlight & extra batteries
  Glow stick
  Wax candle
  Matches in a waterproof container
  Trash can liner

- **First Aid**
  First aid kit (adhesive bandages, antibiotic ointment, mole-skin, non-prescription drugs, latex gloves, needle/thread, CPR mask, scissors)
  First Aid Manual
  Prescription medications (copies of prescriptions)
  Hand sanitizer
  Sunscreen/bug spray

- **Additional Items (as space permits)**
  Wrench/pliers to turn off gas/water
  Plastic ground cover
  Clock or watch
  Pocket knife
  Mirror
  Hatchet and small shovel
  Extra pair of eyeglasses
  Signal flare
  Two-way radios
  Duct tape
  Household liquid bleach
  Scissors
  Cell phone with chargers
  Map(s) of area
  Extra set of house/car keys

- **Pet Care**
  Collar, leash, ID, food, carrier, bowl
  *Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and shelters that are along your evacuation routes.*

- **Child Comfort Kit**
  - A few favorite books
  - Comfort/stress food (candy, cookies, licorice)
  - Two favorite small toys like a doll or action figure
  - A board game
  - A deck of cards
  - A puzzle
  - A favorite stuffed animal
  - A favorite blanket or pillow
  - Picture of your family and pets
  - A box with special treasures that will help them

- **Emergency Information**
  - Form for Children with Special Needs (AAP/ACEP)
  - Diapers, wipes, rash ointment
  - Formula
  - Medications
  - Pacifier/Blanket
  - Infant Food

**Special Needs**

Ensure that you have special items packed for your families special needs. Make an assessment of your child’s needs to know what essentials to pack.

- Nutritional supplements
- Extra water needs
- Special utensils and tools
- Extra tubing or equipment
- Adaptive equipment
- Extra medication—*rotate so medicine does not expire*
- Plan in case of power failure
- Make a list of resources and people to call for special help in case of disaster.