

## 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.

*"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."*

## 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).



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™  
Idaho Chapter



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## Disaster Preparedness

### Is Easy as 1, 2, 3, 4!

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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.



# 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



## 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

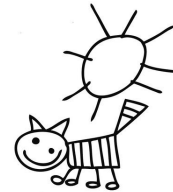
## Additional Items (as space permits)

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.*



# Emergency Car Kit

- Signal flare
- Map(s) of the area
- Important phone numbers
- Portable, battery-operated radio or television
- Flashlights
- Extra batteries
- Cash, change
- First Aid Kit
- Pliers/Wrench
- Duct tape
- Compass
- Matches in waterproof container
- Paper, pencil/pen
- Needles, thread
- Whistle
- Food (non-perishable)
- Non-electric can opener
- Space blanket
- Blanket/sleeping bag
- Water, one gallon per person per day



## 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



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