

Emergency Kit For Families

Women, Infants, Children

Basic Emergency Supply Kit

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|--|---|--|
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Extra cash | <input type="checkbox"/> Water - one gallon per person per day for at least three days |
| <input type="checkbox"/> Batteries | <input type="checkbox"/> Pet supplies | <input type="checkbox"/> Family and emergency contact info |
| <input type="checkbox"/> Personal hygiene items | <input type="checkbox"/> Extra clothes | <input type="checkbox"/> List of medical and mental health providers and medications |
| <input type="checkbox"/> Cell phone charger and power bank | <input type="checkbox"/> 7-day supply of medications | |
| <input type="checkbox"/> Basic first aid kit | <input type="checkbox"/> Copies of personal documents | |
| <input type="checkbox"/> Battery-powered or hand-crank radio (NOAA Weather radio, if possible) | <input type="checkbox"/> Non-perishable food items | |

If pregnant, add....

- ☐ Nutritious snacks
- ☐ Maternity clothes
- ☐ Baby clothes
- ☐ Prenatal vitamins
- ☐ *Emergency birth supplies (e.g., clean towels, alcohol wipes, sharp scissors, gloves, and blub syringe)
- ☐ Emergency blankets and pillows
- ☐ Feminine hygiene products (e.g., sanitary napkins, incontinence pads)

If breastfeeding, add....

- ☐ Battery operated or manual breast pump
- ☐ Breast pump cleaning basin, brush, and dish soap
- ☐ Disposable nursing pads
- ☐ Breastmilk storage bags
- ☐ Bottles

For an infant (younger than 1 years), add....

- ☐ Copy of vaccination records
- ☐ Medication (e.g., infant pain reliever)
- ☐ Thermometer
- ☐ Antibacterial wipes/sanitizer
- ☐ Portable crib
- ☐ Baby blankets
- ☐ Extra baby clothes
- ☐ Diapers, wipes, and diaper rash cream
- ☐ Breast milk, infant food and/or ready-to-feed formula
- ☐ Baby carrier
- ☐ One-two newborn blankets
- ☐ Ten newborn diapers
- ☐ Bottles
- ☐ Disposable feeding items (e.g., spoons and cups)

For young child (1-5 years), add....

- ☐ Copy of vaccination records
- ☐ Nutritious snacks
- ☐ Age-appropriate water bottle (e.g., sippy cup)
- ☐ Transportable activities (e.g., colored pencils, coloring books, crafts)
- ☐ Extra clothes and shoes
- ☐ Potty training supplies (e.g., pull-ups)
- ☐ Disposable feeding items (e.g., spoons and cups)



*Full ACOG Emergency Birth kit list - <https://bit.ly/3YcQ22o>

