

Let's build a family emergency kit

Most families pack a large waterproof tub (or two) for shared supplies and a small backpack for each person with clothes, medications, and copies of documents in case you get separated. Plan for at least four days. Keep a master list inside the kit and check it every 6 months.



safeinfantfeeding.org/durham
This checklist and more online

Food, water, and kitchen

- ☐ At least 8 gallons of water per person (2 gallons a day), more if it is hot
- ☐ Non-perishable food for everyone
- ☐ Camp stove and fuel
- ☐ Utensils, dishes, and a water bottle for each person
- ☐ Basic cookware and a manual can opener
- ☐ Dish soap, scrub brush, bottle and straw brushes
- ☐ Zip-top bags in several sizes
- ☐ Water purification tablets, or plain unscented bleach
- ☐ Water filter and written instructions for purifying water
- ☐ Paper towels and a bin for washing items

Baby and kids

- ☐ Diapers or training pants, diaper ointment, wipes
- ☐ 3 to 4 complete changes of clothes
- ☐ Baby carrier
- ☐ Small cooler you can pack fast with expressed milk and ice packs
- ☐ If breastfeeding: breast pads, manual pump, milk storage bags
- ☐ Disposable cups for cup feeding
- ☐ If formula feeding: ready-to-feed formula for 4 days (usually 24 to 32 oz a day; small single-feed bottles need no refrigeration), disposable nipples, bottles if used
- ☐ Baby food or favorite snacks
- ☐ Special cups, plates, or utensils your child prefers
- ☐ Comfort items: blanket, stuffed animal, sensory tools
- ☐ Toys, books, and games
- ☐ Laminated "All About Me!" form for each child
- ☐ Laminated Emergency Information Form for each child

Medical and first aid

- ☐ Prescription medications, with instructions
- ☐ Written contact information for every provider
- ☐ Important medical records
- ☐ Backup power for medical equipment
- ☐ Electrolyte powder
- ☐ Over-the-counter: allergy, pain, NSAID, antibiotic ointment, antacid
- ☐ First aid kit: bandages, elastic bandage, gauze, tourniquet, foil blanket, gloves, scissors, medical tape, thermometer

Household supplies

- ☐ 2 to 3 changes of clothes and a change of shoes per person
- ☐ Flashlights or headlamps, batteries, solar lanterns
- ☐ Chargers, battery packs, solar chargers
- ☐ Emergency broadcast radio
- ☐ Multi-tool, duct tape, rope or paracord, tarp
- ☐ Toilet paper, menstrual products, toiletries
- ☐ Disinfectant wipes and hand sanitizer
- ☐ Blankets and trash bags
- ☐ N95 masks

Assistive technology

- ☐ Backup communication boards
- ☐ List of your child's usual supports and devices
- ☐ Chargers and backup power for devices

Pets

- ☐ Food, water, and bowls
- ☐ Vet records, including vaccines
- ☐ Medications
- ☐ Leash, toys, blanket or travel bed

Documents (in a waterproof pouch)

- ☐ Emergency Information Form for each person; "All About Me!" form for each child
- ☐ Copies of power of attorney, wills, other legal documents
- ☐ Copies of ID: birth certificates, Social Security cards, driver licenses, passports, Child ID cards
- ☐ Vehicle titles, house deed or lease
- ☐ Provider and medication lists for each person
- ☐ Health insurance cards
- ☐ Emergency contacts and other important numbers
- ☐ Recent photos of every family member and pet
- ☐ Bank, credit card, and loan contacts
- ☐ Where your nearest suitable shelter and the Family Assistance Center are
- ☐ A list of what is in your kit

Miscellaneous

- ☐ Spare house and car keys
- ☐ Emergency cash (cards may not work)
- ☐ Playing cards or activity books
- ☐ Paper map or road atlas

Resources for families and the people who serve them

Every link below, plus the kit checklist and today's handouts, is on one page. Scan the code or type the short address.



safeinfantfeeding.org/durham

Scan with your phone camera

Feeding babies safely

- **Infant Feeding Safety Scale:** safest to least safe ways to feed a baby (SAFE Team)
- **SAFE Quick Reference Guide,** English and Spanish (SAFE Team)
- **Preparing powdered formula safely in an emergency**
safeinfantfeeding.org/formula
- **DIY cold sanitation kit,** English and Spanish (SAFE Team)
- **Storing formula safely,** opened and unopened (SAFE Team)
- **CDC Infant and Young Child Feeding in Emergencies Toolkit** and CDC family resources
- **Nourishing Resilience:** free recorded IYCF-E training series (SAFE Team)

Family preparedness

- **American Academy of Pediatrics:** disaster preparedness for families, including the Emergency Information Form
- **Sesame Workshop:** getting children ready for emergencies (English and Spanish)
- **Ready.gov:** Ready Kids
- **National Pediatric Disaster Coalition:** children and family resource library

Emergency communication boards

- **Temple University Institute on Disabilities:** emergency picture communication aid
- **Project Core,** UNC Center for Literacy and Disability Studies: printable core vocabulary boards

Many children communicate less under stress. Pack a printed board even if your child usually talks.

Durham County

- **Special Needs Shelter Registration** for residents with access and functional needs who would need help evacuating dconc.gov
- **Breastfeed Durham:** feeding help in Durham
breastfeeddurham.org

Staying together

- **National Center for Missing and Exploited Children:** disaster reunification and family emergency playbooks
- **Unaccompanied Minors Disaster Registry** (active only in a declared disaster)
- **National Child ID Program** kit
- **Team Adam:** retired law enforcement who help find children separated in a disaster

Pick a family code word. Make sure child care and other caregivers know your plan, and you know theirs.

More

- **Disaster birth plan** (National Child Traumatic Stress Network)
- **Child Trends:** toolkit for child welfare agencies after natural disasters
- **Simple activities for children and adolescents** for long stretches at home or in a shelter (NCTSN)