

# What to Pack in Your Family Emergency Bag

In case of an emergency, whether it's tornado, house fire, or blizzard, it's always important to have open and honest conversations with your children on how to prepare and what actions to take to keep everyone safe. Emergencies for children as well as adults, can be very stressful and even leave them traumatized if they are unprepared for an emergency. But there are many things you can do to help your child cope with emergency preparedness.

One action you can take is to prepare a family emergency bag with your children, to reassure your child of their safety and let your child know what you are doing to protect them. Giving your child a role in the emergency bag preparation can provide a sense of control. While preparing your family's bag, make sure to let your child know what each item is and how to use it. Here are some essentials to include in your bag:

## Time to Pack!

- Water
- Non-perishable food (such as granola bars)
- Blanket
- Spare clothing and shoes
- Personal hygiene items  
(ex. wet wipes and toothbrush/toothpaste)
- First-aid kit
- Flashlight, radio, and if needed, spare batteries  
and a portable cell phone charger
- 3–7-day supply of any required life-saving  
medications (ex. Epi-pen, insulin)
- A notebook and pen, as well as paper maps
- Paper money and coins

