



Block Champion Guide

Neighbors Helping Neighbors



Children's Go-Bag

In case of an emergency or a disaster it's important to outfit your child with a go bag. This could be something you keep at home for them in case of an earthquake, tornado, natural disaster, or something else.

You'll need a backpack if your child is of the age they can carry their own belongings. Get them excited about disaster preparedness and start the conversation by letting them customize their very own backpack. Make getting ready for an emergency a fun and teachable moment.

Medications

Contact your doctor and get a one-month stash of extra medications your child takes on a regular basis in case of emergencies. You shouldn't have a problem as long as you tell the doctor what it's for and why you need it. Another thing to consider is having a stash of allergy, pain and other over the counter medicines. These can really come in handy when you least expect it

Emergency Plan

Whether or not your child is able to read, you should include a typed and detailed emergency plan with emergency contact information. Hopefully if your child cannot read, someone who can will be able to read it and help your child. Include important phone numbers, addresses and details along with a meeting point in case of a disaster.

Photo of Family

Include a photo of your whole family, family pet or anyone important in your child's life so they have someone to connect with.

Sleeping Bag

Make sure your child has a sleeping bag, whether or not they can carry it; make sure that you bring one for them. Pick up something simple or creative to help keep them feeling safe and warm.



Extra Set of Clothing

Include an extra set of clothing and/or diapers based on what your child needs. There's probably going to be the need to change at some point.

Items Based on Age of Child There are probably some things you will need based on your specific child, for example if you have a baby you will need extra formula and diapers. Consider the needs of your child and what will make them comfortable.

Activities

Provide your child with some resources and activities. Depending on your child's age you're probably going to need different items. Check for activity packs for children of younger ages.

Here's what we put in bags for kids

A small backpack — we chose bright orange so they will be easily seen	Activity Kits
Waterproof flashlight	Paper/coloring
book and crayons	
Spare batteries	Hand sanitizer
Shampoo/body wash	Hand wipes
Toothbrush and Toothpaste	Bandages with
Antibiotic Cream	
Tummy relief	Change of clothes
Gauze pads	Extra shoes
Snacks — granola bars and fruit pouches	\$20 in small bills
and change	
Comfort item — stuffed animal, blanket, etc	Bottled water

In Case of Emergency Contact Card (ICE) Go to <http://savethechildren.org> Search for ICE free card

ICE Contact Card	
Picture of Child	Childs name, address, age, phone, allergies, and medications