



### Standard Disaster Kit for a Child (4-10 years old)

Food	Quantity/ day	# days	Total # in Pack
Canned Fruit (4 oz)	1	7	7
Fruit Rolls	2	7	14
Canned Beans or Pasta (7 oz)	1	7	7
Individual Peanut Butter packet	2	7	14
Tuna Fish (3 oz)	1	7	7
Individual Bag of Crackers	3	7	21
Trail Mix	1	7	7
Juice Box	1	7	7
Breakfast/Snack/Granola Bar	4	7	28
Water - liter bottle	0.5	7	3
<b>Non-Food</b>			
Light Sticks			7
Hand Sanitizer			1
Tissues (pocket size)			1
Survival Blanket			1
First Aid Kit			1
Whistle			1
Garbage Bag			1
Chlorine Bleach (1 oz), or water purification tablets			1
Clean cloth or cheese cloth (for water filter)			1
Plastic spoons			7
<b>Contents of First Aid Kit</b>			
Antiseptic Cleansing Wipes			7
Sterile Eye Wash			1
Polysporin or Bacitracin (individual packets)			7
Adhesive Bandages (assorted sizes)			14
4 x 4 sterile bandages			4
Bandage roll			2
Acetaminophen (infant formula)			14 doses
Ibuprofen (infant formula)			14 doses
Benadryl			14 doses
First aid scissors			1
Tweezers			1
Ace bandage			1
Cold pack			2
Prescription Medications as needed			7