

IX. Standard Disaster Kits

Standard Disaster Kit for One Child (1-3 years old)

Food	Quantity/ day	# days	Total # in Pack
Canned Fruit (4 oz)	2	7	14
Canned Beans or Pasta (individual serving ~ 7oz)	1	7	7
Tuna Fish (3 oz)	2	7	14
Crackers (small package)	3	7	21
Breakfast/Snack/Granola Bar	2	7	14
Nutrition Shake (i.e., Pedia-Sure)	1	7	7
Juice Box	1	7	7
Water - liter bottle	0.5	7	3
Non-Food Items			
Light Sticks			7
Hand Sanitizer			1
Tissues (pocket size)			1
Survival Blanket			1
First Aid Kit			1
Garbage Bag			1
Chlorine Bleach 1oz. (or water purification tablets)			1
Clean cloth or cheese cloth (for water filter)			1
Plastic spoons			7
Contents of First Aid Kit			
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
Rectal Thermometer			1
Prescription Medications as needed			7