

Children's Bug Out Bag

Here is a suggested list for those out there with children. And of course, you know your child better than anyone else so cater to them the best way you know. Children can not carry as much as an adult so keep that in mind when making their bag. I hope this helps you in putting together your child's bag.

Food and Water:

- 6 high energy foods such as food bars or granola bars
- Small jar of peanut butter
- A few cans of tuna or chicken
- Crackers or cereal stored in small tins or another air tight container
- Small bottle of honey
- 6 boxes or small bottles of water and packets of drink mix
- Water purification tablets
- A canteen or other suitable water bottle (to put purified water in)
- Some hard candy or gum

Illumination and Communication

- A good LED flashlight
- Spare batteries
- 3 12-hour light sticks
- Survival whistle

Clothing

- Sturdy change of clothes
- 3 pairs of socks
- 3 changes of underwear
- Lightweight pair of shoes

Warmth

- Emergency space blanket or hooded space blanket
- Emergency rain poncho for children
- Warm gloves and beanie hat

Personal Hygiene

- Small bag with child's toothbrush, toothpaste, hand sanitizer, 10 antibacterial moist towelettes
- Small roll of toilet paper flattened in a zip lock bag
- Baby wipes

First Aid

- Small pocket sized first aid kit
- 3 disposable tie-on surgical masks, these will protect the child against airborne bacteria and viruses.

Fun

- Deck of cards
- Coloring book with crayons
- Ball or similar small toy
- Stuffed animal

Notes

1. Every 6 months you should rotate the food and water.
2. Children grow. Make sure the clothes and the spare shoes fit.
3. Older children may be trusted with additional survival gear such as a multi tool, knife, and fire-starting tools, just train them well and trust your gut instincts.
4. Get your child to be active in the choices especially the entertainment choices. They will be happier for it.
5. Take hikes and camp with the whole family carrying the bug out bags; with the kids bug out bag being carried by the kid. As soon as everyone -kids included- carries and uses their own gear the whole family will be stronger, happier, and much better prepared for disaster.
6. If bag is for infant, parent should have separate diaper bag that is carried by the parents.