How to help children...

Save the Children

...pack a Go Bag

The essentials children need in an emergency

1 Basics

- ☑ Water
- ☑ Assistive device(s)
- ☑ Some cash
- ☑ Prescription medications
- ☑ First Aid Kit

2 Documents

- ☑ Emergency contacts and medical information
- ☑ A map
- ☑ Photocopies or memory stick with digital copies of important documents

3 Emergency devices

- ☑ Whistle
- ☑ Torch with extra batteries

4 Communication devices

- ☑ Battery operated radio
- ☑ Phone
- ☑ Power pack and phone charging cable

5 Comforts

- ☑ A small favourite soft toy or game
- ☑ Pencils and paper

6 Hygiene supplies

- ☑ Hygiene supplies such as toothbrush, comb, washcloth

- ☑ Soap and hand sanitizer

7 Sustenance

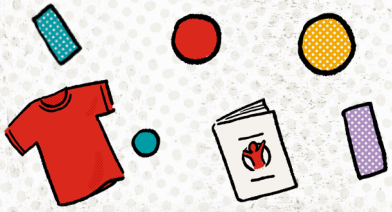
- ☑ Long-lasting, easy-to-open food and snacks (not salty!)

8 Clothes

- ☑ Change of clothing

- ☑ Emergency blanket

- ☑ Outdoor clothing to protect you from weather



Do you know an adult or child that this could help?

Save and share