



Plan-Prepare-Practice

Recommended Items for Caregiver To-Go Bag

Items to be Packed and Ready to Go

First aid supplies:

- Tweezers, scissors, and safety pins
- Non-glass digital thermometer
- Adhesive strip bandages (assorted sizes)
- Sterile gauze pads, flexible roller gauze, bandage tape
- Triangular bandage, eye patch or dressing
- Instant cold pack or plastic bag, cloth to protect skin from cold pack
- Individually wrapped sanitary pads (to contain bleeding from injuries)
- First aid book (e.g., Medical Emergencies in Early Childhood Settings, www.redleafpress.org)

Sanitation supplies:

- Disposable non-porous gloves (latex or vinyl)
- Liquid soap, pre-moistened cloths, and hand sanitizer* (if water is not available)
- Plastic zipper bags (assorted sizes), plastic trash bag

Infant supplies:

- Baby food
- Ready-to-feed formula (canned), can opener, bottles
- Diapers, pre-moistened wipes

Toddler supplies:

- Food, such as graham crackers or other non-salty food
- Pull-ups, pre-moistened wipes

Other:

- Water (an amount that you can comfortably carry)
- Permanent marker, note pad, pen or pencil
- Identification tags or bracelets
- Whistle
- Small LED flashlight (check batteries regularly)
- Telephone numbers of person-in-charge, poison control center, paramedics, and other emergency numbers
- Map and directions to off-site shelter
- Reflective vest
- Walking rope for children to hold

Items to Include When Event Occurs

- Daily roster
- To-Go file (e.g., emergency contact information, authorizations)
- Prescribed emergency medication* (i.e., EpiPen Jr[®], inhaler)
- Cell phone or other communication device

*Keep items such as medications and hand sanitizer secure. Follow state licensing standards.