

Emergency Backpack Supplies List

The list of supplies below must be included in the emergency backpack.

Item	Quantity	Purpose
Emergency backpack supply list	1	Reference list for inventory and restocking
Emergency medications	As needed	Emergency Medication for children and staff
Emergency care forms	Children/staff	Ensure prompt and correct treatment in an emergency
Hand Sanitizer	1	For adult use and children over 2 years old
Adhesive bandages of various sizes	1 bag	Cover minor wounds
Current First Aid Manual	1	Guide for first aid steps
Flashlight with extra batteries	1	Source of light
Sterile gauze pads (2x2, 4x4)	3 of each	Clean and/or cover wounds
Disposable non-latex/non-porous gloves	several	Cover hands before handling blood or other body fluids
Self-activating cold pack	2	Prevent/reduce swelling
Plastic bags	4	Dispose of waste, vomit, or used gloves
Elastic wrapping bandage	1	Secure bandage
CPR barrier with a one-way valve	1	Rescue breathing/CPR
Scissors	1	Cut tape/bandages
Adhesive medical tape	1	Secure dressings and bandages
Disposable tweezers	1	Remove surface slivers
Digital thermometer with several probe covers	1	Measure temperature
Triangular bandage	1	Make a sling
Tissues	1	Clean noses
Pen or pencil	1	For documentation

List should be printed on cardstock, laminated, and kept with each kit

Updated August 2022

First Aid Kit Supplies List

The list of supplies below must be included in the first aid kit.

Item	Quantity	Purpose
First aid kit supply List	1	Reference list for inventory and restocking
Hand Sanitizer	1	For adult use and children over 2 years old
Adhesive bandages of various sizes	1 bag	Cover minor wounds
Current First Aid Manual	1	Guide for First Aid steps
Flashlight with extra batteries	1	Source of light
Sterile gauze pads (2x2, 4x4)	3 of each	Clean and/or cover wounds
Disposable non-latex/non-porous gloves	1 box	Cover hands before handling blood or other body fluids
Self-activating cold pack	4	Prevent/reduce swelling
Elastic wrapping bandage	2	Secure bandage
CPR barrier with a one-way valve	1	Rescue breathing/CPR
Scissors	1	Cut tape/bandages
Adhesive medical tape	1	Secure dressings and bandages
Disposable tweezers	1	Remove surface slivers
Digital thermometer with several probe covers	1	Measure temperature
Triangular bandage	1	Make a sling
Disposable face masks	1 box (adults)	As required/recommended
Goggles/Eye Protection	1	Cover eyes before handling blood or other body fluids
Body fluids absorb kit	2	Sanitary cleanup for body fluids

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Shelter-in-Place Kit Supplies List

The list of supplies below must be included in the shelter-in-place kit.

Item	Quantity	Purpose
Shelter-in-place kit supply List	1	Reference list for inventory and restocking
Battery operated am/fm radio with extra batteries	1	Emergency updates
Plastic sheeting	1 pack	Used to seal doors, vents, windows
Duct Tape	1 pack	Used to seal doors, vents, windows

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Disaster Kit Supplies List

The list of supplies below must be included in the disaster kit.

Item	Quantity	Purpose
Disaster kit supply List	1	Reference list for inventory and restocking
Wipes	2 packs	As needed
Medications for 72 hours (Emergency Medications kept in emergency backpack)	As needed	As needed for children and staff
Toilet paper	2 rolls	As needed
Battery operated flashlight with extra batteries	1	Emergency lighting
Plastic garbage bags	1 box	As needed
Disposable non-latex/non-porous gloves	1 box	Cover hands before handling blood or other body fluids
Self-activating cold pack	2	Prevent/reduce swelling
Kleenex	1 box	As needed
Disposable cups	1 pack	As needed
Paper Towels	2 rolls	As needed
Can opener	1	As needed
Duct tape	1	As needed
Tarp	1	Emergency shelter
Pull-ups	1 pack	As needed
Rope	1	Emergency shelter
Utility Scissors	1	Cutting rope for emergency shelter
Whistle	1	Signal others for help
Hand Sanitizer	1 bottle	For adult use and children over 2 years old
Early Head Start Additional Items: <ul style="list-style-type: none"> • disposable Diapers • ready-to-feed-formula • bottles • nipples • baby food/spoons 	As needed	Additional Early Head Start Supplies
<p>3-Day Survival Kit-Emergency Food Supply (5-year expiration): A 3-day emergency food and water supply is required to keep children and staff safe during a disaster. Each bag contains drinking water, high calorie food bar, an emergency blanket, light stick, and towelettes.</p> <ul style="list-style-type: none"> • 1-year expiration foods: these foods will most likely be utilized first. (renew before expiration) • Consider your center/site needs and special diets. • Avoid food waste and expiration and consider having a disaster-free end of year celebration on the last day of class. Use “1 year expiration foods” in your disaster kit and have a “practice emergency snack”. • Examples of food items (choose 2): <ul style="list-style-type: none"> ○ Apple Sauce ○ Crackers ○ Protein Bar ○ Craisins or other dried fruit • Infant emergency supply of ready-to-feed formula and cereal, jarred baby food. (renew before expiration) • 1 cases of water (replace annually) 		

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