



TOTALPREPARE

EMERGENCY PREPAREDNESS SOLUTIONS



Preparing Kids and Youths

If the patter of little feet, cooing burbles, or hormone-fueled rampages are common sounds in your household, you may need to add a few extra items to your emergency kits.

Be sure to go over emergency routes home from school with older children, and send a few key items for their locker/cubby as 'get home bags.'

Emergency drills are also a good idea. Ensure your children know what to do in different sorts of emergencies (fire and earthquakes being the biggies) and where to go to meet the family if the home is no longer an option.

Add your out of town contacts to their cell phones, or keep them listed in a waterproof bag in their backpack.

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Teenagers:

For the most part, your teens kit will resemble yours. Adding the below items can help with boredom and stress. Also consider sending them to school with a Get-Home bag, in case an emergency strikes while they are at school.

1. Games and music with chargers, headphones, and batteries as required.
2. Book and/or magazine
3. Deck of cards
4. Comfort items (a letter from parents for example, or a keepsake)

Kids:

You may wind up carrying some of the supplies for younger children, as survival kits can get heavy. Items to consider adding for children are:

1. Games (electronic or 'old school')
2. Books and/or colouring books/crayons
3. Small toys, stuffed animals, or a doll
4. Comfort items (as above)

Infants:

Conveniently, most parents keep a diaper bag full of the items they might need. Keeping this well stocked with the following can make an excellent infant kit.

1. Diapers, wipes, and creams
2. Baby food and formula
3. Bedding/change of clothes
4. Soother/bottle as needed
5. Bib
6. Toys as desired