



IN CASE OF EMERGENCY – MAKE A PLAN!

→ EMERGENCY PREPAREDNESS FOR KIDS

What goes into a go-kit?

PLASTIC TRASH BAGS

These are great for many uses. By tearing a hole in the middle of the bag's bottom, the bag can be pulled over your head and shoulders to make a raincoat or windbreaker. Be careful not to put any plastic bags over the mouth or nose. Put bags of different sizes in your Go-Kit for various uses.

A GOOD FLASHLIGHT AND EXTRA BATTERIES

In many emergencies, the lights go out. Several things can help make emergencies less scary. A good flashlight with a couple sets of extra batteries is good to brighten up our lives. Flashlights now come with new LED bulbs that won't burnout and help batteries last longer.



CHEMICAL LIGHT STICKS

These require no batteries and can give off some safe lighting in an emergency, too. Look for these in the camping section of a store.

TOILET TISSUE

It can be used for runny noses, tears and many other things.



PRE-MOISTENED HAND WIPES

These will be helpful for short stays and cleanups for anything that may spill.



BOTTLES OF WATER AND A FEW SMALL CUPS

It's always good to have a reliable source of clean drinking water in an emergency.



HARD CANDY AND GUM

These items can help take away the hungry feeling if you can't eat when you are used to eating. These items can also help keep you from getting thirsty.

A WHISTLE

This can be used to signal others if you need to let others know where you are.



TOYS, BOOKS, OR GAMES

A good book, coloring book, or activity packet can help you pass the time if you have to stay put for a couple of hours.

PERSONAL ITEMS

Items such as pictures of family or pets can help you through scary times. You may also want to pack things like medicine or eyeglasses for your own personal kit.

Make sure you replace items such as water, food and hand wipes every so often since they can go bad or dry out.

To prepare for emergencies, you need to think about what could happen, where it could happen, and what you might need for the time you are in the emergency.

Different emergencies will require different tools to get you through the situation.

Let's discuss emergencies

Emergencies can happen at any time and at any place!



- What are some examples of emergencies that you could prepare for in advance?
- What are some things you can do to prepare for the emergencies you listed above?

Emergency situations

Emergencies can cause our lives to be uncomfortable for a while. The way we normally do things will change. One way we can make the emergency situation more comfortable is to put together a few things that we might need.

You can prepare a “Go-Kit” with these items and leave it in a car, home or classroom. You can even take it with you if you have to quickly leave your home, classroom or car.

How to prepare a go-kit

Use a 5-gallon plastic bucket and lid that you can get from a home improvement store to hold all of your emergency items. Make sure it has a handle so it is easy to carry. In addition to holding your kit, it can be used as a portable potty if needed, by using a plastic trash bag to line the bucket.

The number of items you include in your kit will be determined by who and for what location you are assembling the kit. For example, you will need more cups in a classroom kit than in a kit you are making for your family.

You may also need other items such as medicine or eyeglasses for your own personal kit.



School emergencies

One of the most important things a young person can do when an emergency happens at school is listen for directions from the adult in charge. Even though students and teachers practice emergency drills at school, a real emergency may require something new.

Students who get upset, scream, cry or talk in this real emergency might not be able to listen to instruction that will be REALLY important to hear. **Stay calm, listen and follow directions.**

(Information updated March 2026)