

Items to include in an emergency kit for your baby

It's important for everyone in your family to have an emergency kit ready. If you have a baby in your family, there are extra things you should keep in an emergency kit for them.

Babies grow and change quickly. Regularly go through your baby's emergency kit to make sure things like clothes and diapers will fit their current size, and that any food in the kit fits their current age.

If there's a baby in your family, these are additional items to include in your emergency kit, beyond basic emergency kit items.

- Diapers and wipes.
- A carrier, like a sling, wrap, or back or front carrier.
- Blankets and swaddles.
- Clothes.
- Pacifiers.
- Baby wash and lotion.
- Comforting toys or other items.
- Medical records.
 - Include their immunization record and their doctor's contact information.
- Baby-safe medications.
 - Think about things like teething gel, pain relievers, gas drops, or other things you use for your baby.
 - If your baby has prescription medications, include a supply of those.

If your baby eats solid food, add:

- Food that doesn't need to be kept in the fridge for their meals and snacks. Include spoons, bowls, and other supplies they need.
 - Regularly replace food that's expiring soon with newer food.

If your baby drinks breast milk, add:

- A breast pump.
 - Consider including a manual pump. You may not have access to electricity during an emergency.
- Breast milk storage bags.
- Bottles and nipples for pumped milk.
- Any breast care products you use, like nipple cream or nursing pads.

If your baby drinks formula, add:

- Powder formula and a supply of clean water, or ready-to-feed liquid formula.
 - Tap water may not be safe to give your baby during an emergency.
 - Regularly replace formula that is expiring soon with newer formula.
- Bottles and nipples.



More resources

Be Ready Utah

Visit beready.utah.gov to learn more about emergency preparedness in Utah.

Federal Emergency Management Agency (FEMA)

Visit fema.gov to learn more about emergency preparedness in the United States.

Emergency alerts

Visit ready.gov/alerts to learn more about different warning alerts and how to get them.

Your baby's doctor

Your baby's doctor is often the best resource for information about your situation.