

# The Survival *Mom* *Survival Kid's Kit*

- a few hard candies
- small box or pouch of juice or water
- small package of tissues
- small bottle of hand sanitizer or individually packaged wipes
- band-aids
- light stick
- high calorie energy bar
- smaller zip-loc for trash/sanitary disposal
- small card with important phone numbers

Pack everything in a sturdy zip-loc bag and tuck into your Survival Kid's backpack. These can also be kept in a desk or locker at school.

Additional items? Consider adding hand/foot warmers during the winter, a bandana for multiple uses, and a whistle.