

Bug out bags for kids should be lightweight and customized for the age, personality, needs and overall fitness of each child. For younger children, bags should focus more on immediate needs like food, water, clothing and comfort items. Older children may be trusted with additional survival gear like a multi-tool, knife and fire starting tools. Make sure they are trained well.

When putting bags together, focus on the needs of each child and make this a fun activity with them. Include your child with the preparation of their own bag. This will help them be familiar with the contents of their bag and how to use their gear and they can choose the comfort items they would want to have with them.

Even if you do not have children, consider the possibility that you may be bugging out in a group with people that do have children.

- ❖ If bugging out with children and are on foot, keep in mind the following:
 - You will not be cover as much ground and will be moving slower
 - Little legs will tire out before you do
 - You'll be carrying a heavy pack, your child/children will be carrying packs so you may need to make frequent rest stops

- ❖ Supporting a child's emotional needs in survival scenarios:
 - Make sure their basic needs are being met - food, water and shelter
 - Keep a routine - kids thrive on routine to feel secure.
 - Regular meal time, regular nap time and play time
 - Games and creative play provide emotional therapy
 - Bugging out can be stressful times
 - Positive activities and game play create positive memories
 - Soothing aromatherapy oils – sense of smell can create positive emotional pathways
 - Focus on strengthening your own psychological, mental and spiritual stamina.
 - You need to be strong not only for yourself but your children as well. Kids will look to you be strong during emergency situations. The stronger and more mentally and emotionally prepared you are, the more secure they will feel.
 - Try to not show your weakness in front of your kids. They will need you to be stronger than usual

- ❖ Preparing your children for bugging out
 - Take hikes and camp with the whole family carrying your bug out bags with the kids carrying their own bug out bag.
 - This prepares the whole family and will make you stronger and better prepared for disaster.
 - Teach them to hunt, fish, garden, start fires and build shelters. Make it fun.

- ❖ Check bags every 6 months
 - Spring/Fall Equinoxes or Daylight Savings Times
 - Rotate food and water
 - Children grow - make sure clothes and spare shoes fit

All lists are recommended suggestions only.

- ❖ Infants
 - Powdered formula
 - Check the expiration date
 - Long shelf 1-2 years unopened, 30 days once opened
 - A breastfeeding woman requires 1800-2200 calories on average.
 - Consuming less than 1500-1800 calories and stress have the biggest effect on milk production and can cause milk production to cease.
 - Hydration is important, but fluid intake does not have as much impact as calories and stress unless the mother is severely dehydrated
 - In bug out situations, if on foot, a breastfeeding mother may not be able to produce milk due to the extra calories expended for hiking, limited food supply and additional stress of a survival situation.
 - Extra water for making formula
 - Bottle, nipples, bottle brush, soap
 - Cloth diapers/safety pins
 - Baby wipes
 - Diaper rash ointment
 - Baby powder
 - Pacifiers
 - Teething rings, teething pain relief medicines (Oragel, Hyland's teething tablets)
 - Pedialyte for dehydration - available in powder form
 - Receiving blanket
 - Sunscreen
 - Extra clothes, clothes to grow into
 - Any prescribed medicines
 - Infant Motrin, Tylenol, infant cold medicine
 - Infant thermometer
 - Jarred baby food and/or baby cereal
 - Baby Carrier or Sling - Kelty, Osprey, Deuter
 - www.kelty.com
 - www.ospreypacks.com
 - www.deuter.com

Infant bag should be a separate bag carried by the parent.

❖ Kids

- General Items
 - Flashlight/headlamp/glow sticks
 - Spare batteries
 - Emergency whistle
 - Laminated contact list with name, home address and telephone numbers
 - Pre-paid cellphone
 - Poncho
 - Emergency blanket
 - Extra socks and underwear (up to 3 pairs), warm gloves, knit hat, bandana, change of clothes
 - Lightweight shoes
 - Dust mask
 - Goggles, sunglasses, sunscreen, Chapstick, bug repellent
 - Sun hat
 - Small pocket knife for older kids
 - Small first aid kit and wipes
 - Hand sanitizer
 - Water bottle/Lifestraw
 - Hand and toe warmers
 - Fire starting tools for age appropriate children
 - Money
 - Sleeping bag
 - Can Opener
- Food Items
 - High energy food bars
 - Granola bars
 - Nuts
 - Dried fruits
 - Jerky
 - Canned tuna or chicken
 - Crackers or cereal
 - Trail mix
 - Drink mix packets
 - Kids vitamins or supplements
- Personal hygiene
 - Toothbrush, toothpaste
 - Small roll of toilet paper
 - Deodorant for adolescents
 - Brush, comb
 - Baby wipes
 - Feminine hygiene products for menstruating daughters
- Comfort items
 - Stuffed animal
 - Small lightweight toys

- Playing cards or travel games
- Crayons, coloring book
- Puzzle book, crosswords, word finds
- Favorite book
- Baseball or Nerf football
- Harmonica
- Ipod or small device for playing games or music
- Hard candy, bubble gum

❖ Everyday Carry Bags

- Laminated contact list with name, home address and telephone numbers
- Early elementary children should memorize their home address and phone numbers
- Alternative meeting points - i.e. a relative's home or close friend of the family
- Teach children routes to home and/or relatives homes - names of streets and how to get there
- Teach them to be familiar with their surroundings, landmarks at major cross streets on their routes, etc.
- Water bottles and extra food
- Making sure they are dressed appropriately each day, wearing sturdy shoes and have a jacket
- Consider your child's personal needs
 - Allergy meds, asthma inhalers, epi-pen, diabetic medicines

❖ School-Friendly Considerations

- Space and weight
 - Packs are already heavy with books and school supplies
- Operational security
 - Avoid scrutiny of school officials and being labeled as "crazy preppers"
- Comply with Dress Codes
 - No gloves inside the building
 - No hats, bandanas or head coverings worn inside the building
 - No jewelry or chains that can cause injury
 - No metal spiked or metal studded accessories
- Comply with school regulations

Washoe County School District Board Policy, Administrative Regulations and Procedures

5.5.1.26 WEAPONS

5.5.1.26.1 Brandishing any knife, blackjack, slingshot, billy, sand club, sandbag, metal knuckles, explosive substance, dirk, dagger, pistol, revolver, or other firearm, or other deadly weapon in a rude, angry or threatening manner or to use same in any fight or quarrel.

5.5.1.26.2 Concealed - it is unlawful for any person to carry any weapon commonly known as a knife, blackjack, slingshot, billy, sand club, sandbag, metal knuckles, explosive substance, dirk, dagger, pistol, revolver or other firearm, or other dangerous weapon. For the purpose of this section, nunchakus are included herein.

5.5.1.26.3 Possession - it is unlawful for any person to possess any weapon commonly known as a knife, blackjack, slingshot, billy, sand club, sandbag, metal knuckles, explosive substance, dirk, dagger, pistol, revolver or other firearm, or other dangerous weapon

Nevada Revised Statutes

NRS 202.265 Possession of dangerous weapon on property or in vehicle of school or child care facility; penalty; exceptions.

1. Except as otherwise provided in this section, a person shall not carry or possess while on the property of the Nevada System of Higher Education, a private or public school or child care facility, or while in a vehicle of a private or public school or child care facility:

- (a) An explosive or incendiary device;
- (b) A dirk, dagger or switchblade knife;
- (c) A nunchaku or trefoil;
- (d) A blackjack or billy club or metal knuckles;
- (e) A pistol, revolver or other firearm; or
- (f) Any device used to mark any part of a person with paint or any other substance.

2. Any person who violates subsection 1 is guilty of a gross misdemeanor.

3. This section does not prohibit the possession of a weapon listed in subsection 1 on the property of:

(a) A private or public school or child care facility by a:

- (1) Peace officer;
- (2) School security guard; or

(3) Person having written permission from the president of a branch or facility of the Nevada System of Higher Education or the principal of the school or the person designated by a child care facility to give permission to carry or possess the weapon.

(b) A child care facility which is located at or in the home of a natural person by the person who owns or operates the facility so long as the person resides in the home and the person complies with any laws governing the possession of such a weapon.

4. The provisions of this section apply to a child care facility located at or in the home of a natural person only during the normal hours of business of the facility.

5. For the purposes of this section:

(a) "Child care facility" means any child care facility that is licensed pursuant to [chapter 432A](#) of NRS or licensed by a city or county.

(b) "Firearm" includes any device from which a metallic projectile, including any ball bearing or pellet, may be expelled by means of spring, gas, air or other force.

(c) "Nunchaku" has the meaning ascribed to it in [NRS 202.350](#).

(d) "Switchblade knife" has the meaning ascribed to it in [NRS 202.350](#).

(e) "Trefoil" has the meaning ascribed to it in [NRS 202.350](#).

(f) "Vehicle" has the meaning ascribed to "school bus" in [NRS 484A.230](#).

(Added to NRS by [1989, 656](#); A [1993, 364](#); [1995, 1151](#); [2001, 806](#); [2007, 1913](#))

NRS 202.350

(a) "Concealed weapon" means a weapon described in this section that is carried upon a person in such a manner as not to be discernible by ordinary observation.

(b) "Honorably retired" means retired in Nevada after completion of 10 years of creditable service as a member of the Public Employees' Retirement System. A former peace officer is not "honorably retired" if he or she was discharged for cause or resigned before the final disposition of allegations of serious misconduct.

(c) "Machine gun" means any weapon which shoots, is designed to shoot or can be readily restored to shoot more than one shot, without manual reloading, by a single function of the trigger.

(d) "Nunchaku" means an instrument consisting of two or more sticks, clubs, bars or rods connected by a rope, cord, wire or chain used as a weapon in forms of Oriental combat.

(e) "Qualified law enforcement officer" has the meaning ascribed to it in 18 U.S.C. § 926B(c).

(f) "Qualified retired law enforcement officer" has the meaning ascribed to it in 18 U.S.C. § 926C(c).

(g) "Silencer" means any device for silencing, muffling or diminishing the report of a firearm, including any combination of parts, designed or redesigned, and intended for use in assembling or fabricating a silencer or muffler, and any part intended only for use in such assembly or fabrication.

(h) “Switchblade knife” means a spring-blade knife, snap-blade knife or any other knife having the appearance of a pocketknife, any blade of which is 2 or more inches long and which can be released automatically by a flick of a button, pressure on the handle or other mechanical device, or is released by any type of mechanism. The term does not include a knife which has a blade that is held in place by a spring if the blade does not have any type of automatic release.

(i) “Trefoil” means an instrument consisting of a metal plate having three or more radiating points with sharp edges, designed in the shape of a star, cross or other geometric figure and used as a weapon for throwing.