

DO YOU HAVE A PLAN... for packing for hurricane evacuation?

June 1, 2008

Do you have a plan for packing for hurricane evacuation? First, be sure to refer to our other flyers in the "Do You Have A Plan...?" series. Here are some tips packing for evacuation to reduce your child's stress and to be better prepared:

___1. Select one backpack to pack all-important papers. Keep together all medical info, maps, emergency numbers and other info you may need while on the road. Place the medical prescriptions in this bag so they are easily attainable during a long evacuation ride.

___2. Use children's school backpacks to pack individual packs for the road for each of them. This makes their bag easily identifiable to them.

___3. In each child's bag pack a large Ziplock with snacks for the road. This gives them the independence and you're not fumbling for snacks during the trip. Be sure to pack comfort snacks and healthy ones as well. Choose things like pretzels and baked chips, as well as carrots and pre-sealed fruit cups. Pack spoons in each child's bag as well. Give them their own pack of wipes for their hands. Let them be as independent as possible to free you to watch the road during the evacuation.



___4. In each child's backpack, also pack items they like that will keep them busy for the trip. Include travel games, video games, CD players as well as books or other items that will keep them occupied. Let them each have their own things in their own bags for independence and reduced fighting among sibs.

___5. Pack board games to keep kids busy after you arrive at your destination. Don't pack the boxes. Place small parts and spinners in Ziplock bags. Put the boards at the bottom of the clothing suit cases and throw in the zip lock bags with the parts or have one tote bag with the bags with parts. This significantly reduces the amount of room it will take to pack the games.

___6. If possible consider bringing a portable DVD player, especially for smaller children or those with mobility and other issues who may not be able to play video games, etc. Before leaving, purchase a large book that holds DVDs and place all the child's DVDs in the book and ditch the boxes. Keep the book up front with you and not in the back with suitcases.

___7. If children are too young to manage their own backpacks with snacks and entertainment items, still pack that bag specifically for them. That way you won't be shuffling around in 50 other bags for this item or that while they are crying or upset.

___8. Make sure children have at least 2 "comfort items" with them in the car as you leave.

___10. Consider bringing a potty-chair for young children whom are potty training.

For more information contact:
Families Helping Families of Greater Baton Rouge
778 Chevelle Drive
Baton Rouge, LA 70806

A Louisiana Family to Family Health Information Center
225-216-7474 or toll-free at 1-866-216-7474 or visit www.fhfgbr.org

Look for additional fact sheets in the "Do You Have A Plan?" Series!