

Child's bedside backpack

A tote bag, duffel bag or backpack under bed for quick access

- Jacket (*hat, gloves if cold weather*)
- Sweater or sweat shirt
- 2 pairs of socks
- Change of undergarments
- Small blanket
- Coloring book(s) and crayons
- Writing pads with pencils
- Reading books
- Small stuffed animal (*for stress relief*) or
- A favorite toy
- Personal flashlight and extra batteries

Zip-top bag items for backpack:

- Emergency poncho
- Hand/body warmer
- Trial-size toothpaste and a toothbrush
- Trial-size moisture lotion
- Trial-size shampoo, conditioner
- 4 moist hand towelettes
- 4 sterile swabs to clean cuts, wounds
- Bandages in variety of sizes
- 2 pocket-size facial tissues
- Trial-size bar soap or sanitizer
- Nail file or clippers
- Safety pins in variety of sizes
- Whistle with lanyard

Additional items for baby:

- Extra pacifier(s)
- Extra formula (*if used*)
- Diapers