

Bugging Out With Your Children

November 1st, 2022



Lord, give us Your heavenly wisdom as You guide and protect us. Direct our minds by Your gracious presence and please watch over our paths with Your love through the hidden snares of the enemy. Amen.

Welcome YouTube Family, this is Sister Jane and Brother John as we continue to prepare for an emergency that causes us to suddenly leave our residence. As many of you have children, we have been asked what items to put in the children's bug out bag also known as the BOB pack.

Many of the items you put in your child's bug out bag will depend on their age and other factors such as maturity and pre-existing health conditions and other items beneficial for all kids of all ages. So, here's what you should put in a bug out bag for every child.

Number one is an emergency contact list in the off chance you get separated from your loved ones. Either laminate or put in zip lock bag, the contact information of family and friends, as well as emergency services. Their medical information could be vital if they are injured or hurt and need urgent treatment. Cash, unless your child is old enough to have a credit card or debit card. If the power supply is disrupted, pack at least \$20-\$40 so that they can get food or other necessities in an emergency.

Pre-paid cell phone so your child can call for help or send a text to let you know they are okay. Teach your child how to use a basic phone and pre-load important numbers on speed-dial like 911 in the event of a disaster. Rain poncho, warm jacket and hat, water, clothing, food, which can be a significant source of comfort for children, pack simple, healthy, ready to eat food and snacks. Water bottle, band aids, flashlight, extra batteries, whistle, prescription medications with labeled instructions (at least a week's worth), extra inhaler or Epi-Pen if needed, and a short, personal note from you to make them feel loved and provide additional reassurance.

For your infant and toddler, you will need, diapers, dry formula, travel-sized wipes and lotions, warm clothing and blankets, snacks and toys. Other items to consider for children up to the age of 12 are ear plugs or headphones to help keep them calm, high-protein food items, like trail mix to stave off hunger, deck of cards or travel-sized version of their favorite game and small, pocket size books.

Your teenagers will want to start becoming more independent and will have the skills and capacity to do more for themselves in an emergency. This will depend greatly on their maturity level, but you can start to pack more "adult-like" survival items in a teenager's BOB pack. Use your best judgment and practice safety when preparing these packs, and teach your children on how to use the items in their bag. You might consider a multi-tool pocket knife, pocket Bible, fire starter, compass, map of area, small first aid kit, food, water and water treatment system (pump or pack of treatment tablets), freeze-dried meals, small power bank for cell phone and charging cables.

At the end of the day, you know your children the best and their level of maturity. Older children can help the younger ones and provide them with comfort and support. Packing a quality bug out bag for each of your

children can help ensure that they have some of life's essentials with them, even if you get separated.

Bear in mind that a bug out bag for a younger child will focus more on comfort items, while older kids can benefit from having some basic survival items. It's important to remember, that you should take the time to talk to your children about what's in their BOB pack and where they can find it in your home in case, they need to bug out without you.

God bless you dear family and stay tuned for our next message on how to prepare your home for the end times. You won't want to miss this!