

Name: _____ Date: _____

Checklist - BF during Emergencies

R J Q F S I P P N H O X B A T T E R I E S K N D
L W N H R X B S J S U U S B N T J B Y N N T Z Z
J G H R P F S H O E S L H S I O D D K N C Z L J
R Q W H P L Z K E F I K E E I O O U J X I S H Z
T A G I T A D Z H W L E L C Z D O I S L C E J N
H R R T E K N A L B I D T L U Q F L D N S Q S O
M J W M K T W I D R L G E E D J D O R S D N E A
M A C N O U M Q K D W K R A E D E B A I O G V Q
G S C R Q E L L J R B J S N E Y N V C I O V Z L
V D R O I D A R F E H K G W F M N Q E H F V F T
R U G S G K B E W H C E R A T G A L C E E F B M
M F V E O M Q J S L I N G T S R C T N Y L K D V
E C W H J Z X E B W V K Y E A E N L A C B V K K
Q V F T R C N Y R V Q J W R E B Y D R F A M V A
O G R O D J P L O N G Z Q Y R E G L U L H Q O F
V N O L N B N O S S O A U P B L E A S A S W W P
E C I C D I M Q U U D A Q B W U N C N S I G U Z
E Q W D J B U J J T T N O Y Q X U I I H R J K I
O C O N T A C T I N F O R M A T I O N L E D C Y
M R Y V D H R M E D I C A T I O N S U I P S U M
N D Y Q E F E N P G I Q J U J K A P V G N X A P
N Z O U E V V P E L H T L S W I A N P H O B Z A
D M O P N Z L M O N E Y X E S Y R P F T N D S R
V O F L H A T L S I T I K D I A T S R I F N D W

non perishable foods
first aid kit
canned food
batteries
clothes
money

contact information
medications
Flashlight
shelters
sling
radio

insurance cards
clean water
Breastfeed
blanket
shoes
wrap