

BOB for Kids



As I am sitting here watching MORE snow fall, my phone rings. It's a dear friend of mine asking for help. Their water pipes have frozen and they have to leave their house for the next few days. They will have no water until the water department can get the problem resolved. My friend and her husband live with their daughter and 2 grandchildren and now can't live in their house. This makes me wonder how well the kids will do; being displaced from their home for a while. What if something like this happened to me, how would my children fair? What if this what something even **MORE** serious than frozen pipes such as a fire or evacuation due to a major crisis?

Being prepared for a disaster is something that most of us are in the process of doing. But are we preparing our *children* for a disasters' event as we prepare ourselves? Do our *children* know what to do if something happens and we need to Bug Out? Do we have plans for our children in a Bug Out situation? **Do THEY have a BOB?**



Most children can certainly not be expected to carry as much as an adult, but they can carry **some things**. A BOB that is specifically packed for them is very helpful and can lessen your BOB as well. Plus, it is a great way to teach them about being prepared, and getting them involved will help “prepare” them if there ever is a Bug Out situation.

There is a huge difference between what a 2-year-old needs and is capable of and what an 8 year old needs and can do; so I have broken down children into age appropriate sections. Each section has needs and abilities in them; according to what I think is appropriate. Your child might not fall into said section, this is just a suggestion.

- 0 to 2 years old: children in this age group are not going to be able to do much for themselves. When packing a BOB for them, it will have to be included into YOUR BOB. Warm clothes, shoes, hats, mittens, wipes, diapers, rash cream, sippy cup for water, and even a carrier for the child itself. Make sure you have everything your child will need for the **3 days**, if not longer. Also pack small toys. It is going to be stressful enough, bring things to keep baby happy. Food is going to be really hard to

pack for a child in this age range. One month is a big difference between what a child can and can't eat. Breast milk is the best for a child in this range. One can survive on breast milk alone, as long as mom is getting enough nutrients. The last thing to consider is having a N95 mask for the child that will help with 95% of airborne particles, including dust. Make sure to check clothing items monthly, as the child can outgrow things fast.

- 3 to 5 years old: This age group can carry a light weight backpack of their own. Make sure the back pack is a child size one that fits your child. Have them help pick out what to put in it. Include items such as warm clothes, 3 pair socks, 3 pair underwear, extra pair of shoes, hat, gloves, hand warmers, tooth brush, bar of soap, wipes, glow sticks, flash light, emergency blanket, refillable water bottle, and some food. A child in this age group needs about 1.3 liters a day of water and 6 small meals, including snacks. Each normal water bottle pictured here is around .5 liters of water, so a child in this age range would need around 3 of these a day. (Not in their backpack)



- Your child should also have their own N95 mask, some small toys, a deck of cards, dice, and a pen and paper. The last thing that your child should have is identification.

An updated family picture, his/her name, parents name, address, phone number, emergency contact info other than parents. I put this all on one index card and laminate it. This card then goes INSIDE of a pocket of the backpack and should only be used if you and your child are separated. TEACH your children how to use this info. Also TEACH them about strangers. My children know if they are separated from my-self or my husband to look for another mother, a female with other kids, NOT a man. NOT a policeman/fireman. (Anyone can get a uniform).

- 6 to 12 years old: This age is great to start teaching your kids about HOW to be a prepper. Involve them in packing their BOB. Teach them why each item is in their bag and how it can be used. Also make sure to check that the extra clothes still fit every few months, we just outgrew out extra sets again. 6 to 12-year olds need to have 2.4 liters a day of water and eat 4 meals. Include water filtration supplies and fire-starting supplies in their kits. A knife might be handy as well. For kids this age, a map of your area might be a very good tool to include as well. Don't forget to include identification and an updated family picture for them as well. They might have to prove that you belong to each other. String is also a great item to include and don't forget to include "toys" to keep them occupied. See full list of supplies below. We also have a place to meet if we get separated. Somewhere we all can get to easily. The cross at a church, a certain water tower, the park, or a landmark.



When it comes to kids, we can never be too prepared. I feel the more prepared we are the less stressed they are. And who wants a stressed kid when you are dealing with an already stressful situation. Take the time to teach, and prepare. You will be glad you did.

Suggestions for the BOB for kids:

- Extra clothes
- 3 pairs socks
- 3 pairs underwear
- Gloves
- Hat
- Extra pair shoes
- Bar of soap in plastic bag
- Deodorant
- Tooth brush/toothpaste
- Wet wipes (can be used for TP or for washing)
- Map of the area
- Identification papers/ family picture
- Refillable water bottle that is filled
- Water filtration supplies (be sure your kids know how to use them properly)
- Food/snacks such as crackers, nuts, fruit snacks, raisins, beef jerky, granola bars, MRE's, gum, hard candy
- Glow sticks
- Headlamp
- Flashlight with extra set of batteries
- Whistle
- Knife
- Emergency blanket
- String
- Small First Aid Kit
- N95 mask that fits per child
- Paper and pen
- Cards and dice
- Bag of dryer lint and lighter (practice how to make a fire)

Comments

Now we have a very different problem, most of us are not in great shape, have young children or are getting long in the tooth. So what should our backpack weigh? There are several factors that affect the weight we can carry. These include the pack weight itself, the physical and mental condition of the packer, as well as the terrain and conditions in which one is traveling.

Physical variables, include fitness, build type, bone and muscle density, the health of your joints (knees in particular), and age, these will change the answer for each person.

Guidelines used by recreational backpackers are that an individual in good health should be able to carry about 20% of their body weight, a 40 lb pack for a 200-pound person. More experienced backpackers should be able to carry 25% of their body weight, a 50 lb pack for a 200-pound person. Very experienced and well-conditioned backpackers can carry 35% of their body weight – a 70 lb pack for a 200-pound person.

Age and sex can affect the above suggested weights, a doctor told me that most men in their 70's should not carry over 20 lbs for any long distance. Children are another problem and you as parents will have to make the decision on how much weight they can carry. Women often lack the upper body strength of men and cannot carry as much weight.

Backpacks can damage your health, if they are more than your personal limit. So start with lighter loads and short trips, and gradually increase your backpack weight and the length of your trips. Remember that with very heavy backpack you need to be careful to put it on right, otherwise you can damage your back before you even start to walk.

The bottom line is that each person is unique and you should spend time discovering for yourself how much should your backpack weigh?

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