

Backpack

Duffle bag with shoulder straps

Tote bag with shoulder straps

Drinking water in water bottle sizes (1  
gallon/person/day)

Canned food (and can opener!) or portable snacks  
such as Cliff Bars, granola bars, nuts or dried fruit

- Infant formula
- Diapers and extra wipes
- Extra set of clothing (update regular as they grow)
- Small stroller or