



Go Bag Essentials for Kids Ages 6–12

Below is a list of items that might be helpful to carry around in a travel bag while you are on the go.

Clothing & Comfort

- 2–3 changes of clothes (easy to mix and match)
- Hoodie or light jacket
- Socks and underwear
- Comfortable shoes or slip-ons
- Compact blanket or cozy wrap
- Favorite small plush or comfort item

Hygiene & Care

- Toothbrush, toothpaste, flossers
- Hairbrush or comb
- Travel-size shampoo, soap, deodorant
- Wipes and tissues
- Lip balm and lotion
- Small towel or washcloth

Food & Hydration

- Non-perishable snacks (granola bars, crackers, dried fruit)
- Reusable water bottle
- Utensils and napkin
- Emergency meal pouch (optional)

Health & Safety

- Basic first aid kit (bandages, antiseptic wipes, tweezers)
- Any medications with instructions
- Emergency contact card (with photo, allergies, medical info)
- ID tag or bracelet

- Flashlight or headlamp (with extra batteries)
- Whistle



Entertainment & Emotional Support

- Chapter book or comic
- Puzzle book or coloring pad
- Pen, pencil, crayons
- Fidget toy or stress ball
- Affirmation card or calming mantra
- Small notebook or journal



Practical Extras

- Ziplock bags (for organizing or wet items)
- Rain poncho or foldable jacket
- Laminated “what to do” card (simple steps for emergencies)
- Copy of important documents (school ID, insurance card)
- \$5–\$10 in small bills (optional)

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