



## Basic 72 hour kit for infants or newborns: *Working for Healthy Communities*

- 96 oz of water (can cover a baby drinking up to 32 oz a day)
- Formula –POWDERED ONLY – be sure you have at least 48 scoops worth
- 2-5 bottles and nipples (the more you have the less you have to boil and wash them)
- A pack of diapers (or more)
- 2 packs (72 count each) of Diaper wipes – they can be used for cleaning as well as diaper changes
- Clothes- pack 2 sizes too big. It's much easier to put babies into something that's too big, than too small.
  - 5 onesies
  - 5 footie pajamas
  - 2-3 pairs of pants
  - 6-10 pairs of socks – they can double as mittens for keeping hands warm too
- Burp rags or smaller blanket
- 2 emergency blankets, which retain more heat and can be used as an additional layer over a comfortable receiving blanket
- Hand warmers
- Thermos (Helps keep cold things cold and hot things hot)
- A couple rolls of toilet paper
- Teething tablets or gel (for older infants you can add this later)
- Pedialyte or singles equivalent
- 1-2 boxes of nursing pads (if disposable, reusable will require laundry and bleach daily)
- Sunblock
- Hand sanitizer
- Baby wash and lotion
- Tissues (as much for you as them)
- 2 pacifiers (even if you don't plan on using them pack them. Desperation may change your mind and nipple confusion is more likely to happen if the pacifier is introduced later)
- Infant Tylenol and Motrin (which is best for teething) Be sure and rotate this.
- Bulb syringe
- Baby powder
- Diaper rash cream
- 2-3 receiving blankets
- Ziplock baggies (gallon size) for stashing dirty clothes and diapers
- Consider packing a small camp stove for boiling water for sanitizing
- Learn First Aid for infants. <https://www.acls.net/a-parents-guide-to-first-aid.htm>



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## Storage Duration of Fresh Human Milk for Use with Healthy Full Term Infants

Location	Temperature	Duration	Comments
<b>Countertop, table</b>	Room temperature (up to 77°F or 25°C)	6–8 hours	Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep milk cooler.
<b>Insulated cooler bag</b>	5-39°F or -15-4°C	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bag.
<b>Refrigerator</b>	39°F or 4°C	5 days	Store milk in the back of the main body of the refrigerator.
<b>Freezer</b>			Store milk toward the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality.
<b>Freezer compartment of a refrigerator</b>	5°F or -15°C	2 weeks	
<b>Freezer compartment of refrigerator with separate doors</b>	0°F or -18°C	3–6 months	
<b>Chest or upright deep freezer</b>	-4°F or -20°C	6–12 months	
Reference: Academy of Breastfeeding Medicine. (2004) <a href="#">Clinical Protocol Number #8: Human Milk Storage Information for Home Use for Healthy Full Term Infants [PDF-125k]</a> . Princeton Junction, New Jersey: Academy of Breastfeeding Medicine. Available			

### Thawing or warming milk

1. The oldest milk should be used first.
2. The baby may drink the milk cool, at room temperature, or warmed.
3. Thaw milk by placing it in the refrigerator the night before use or gently rewarm it by placing the container under warm running water or in a bowl of warm water.
4. Do not let the level of water in the bowl or from the tap touch the mouth of the container.
5. Milk may be kept in the refrigerator for 24 hours after it is thawed.
6. Never use a microwave oven or stovetop to heat the milk, as these may cause scald spots and will also destroy antibodies.
7. Swirl the container of milk to mix the cream back in, and distribute the heat evenly. Do not stir the milk.
8. Milk left in the feeding container after a feeding should be discarded and not used again.
9. As with all foods, do not re-freeze breast milk once it is thawed or partially thawed.

Once milk is cooled, it should remain cool until the milk is consumed. Refrigerated milk can subsequently be frozen, however once frozen milk is fully thawed it should be used within one hour. Because of these requirements, a breastfeeding mother needs to consider access to safe storage options in making her decision whether to keep her expressed milk to bring back to her infant or child, or to discard it before returning home.

Depending upon the destination, if no reliable milk storage is available, a mother traveling without her nursing infant or child may need to discard her expressed milk. In such a situation it is important to recognize the value of regular expression while separated to help her maintain her milk supply until she and her nursing infant or child can be reunited, regardless if milk is stored.

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