MEXICO · KIT LIST

# EMERGENCY BACKPACK CHECKLIST FOR MEXICO: THE OFFICIAL ITEMS

CENAPRED's emergency backpack list, item by item: food and water for 48 hours, radio, flashlight, first-aid kit, documents on USB, whistle, cash. 🇲🇽

Updated 2026-10-28 · 3 official sources · Leer en español

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**Short answer.** CENAPRED's emergency backpack holds non-perishable food and bottled water for the first 48 hours, sized for two people, plus a contact directory, hygiene items, two or three changes of clothing, a first-aid kit, a radio and flashlight with spare batteries, documents on a USB stick, tools and cash [1]. A second CENAPRED list adds a whistle, warm clothing and a copy of the house keys [2].

## WHAT IS ON THE OFFICIAL LIST?

Most official items carry no quantity. Where a source gives one, it is shown.

**0 / 16** items ready

| | ITEM | QUANTITY | SOURCE |
|---|---|---|---|
| ☐ | Non-perishable food and bottled water | For the first 48 hours (backpack for two people) | 1 |

| | ITEM | QUANTITY | SOURCE |
|---|---|---|---|
| ☐ | Directory of relatives, schools, emergency services and Civil Protection | 1 | 1 |
| ☐ | Personal hygiene items | Not specified | 1 |
| ☐ | Changes of clothing | 2 or 3 | 1 |
| ☐ | First-aid kit | 1 | 1 |
| ☐ | Portable radio and flashlight | 1 each, with spare batteries | 1 |
| ☐ | ID and important documents saved on a USB stick | 1 | 1 |
| ☐ | Tools for simple repairs, and cash | Not specified | 1 |
| ☐ | Feminine hygiene products | Not specified | 1 |
| ☐ | Lighter or matches | Not specified | 2 |
| ☐ | Whistle, to call for help if trapped | 1 | 2 |
| ☐ | Warm clothing: blanket, raincoat, spare shoes | Not specified | 2 |
| ☐ | Copy of house keys | 1 | 2 |
| ☐ | Baby and care items (bottles, baby food, medicines, tinned milk, nappies), where needed | Not specified | 2 |
| ☐ | Canned food and bottled water (home stock) | For two days | 3 |
| ☐ | Toolbox for emergency repairs | 1 | 3 |

## WHAT GOES IN THE FIRST-AID KIT?

The annex of the family plan booklet lists antiseptics, medicines, dressings, instruments, water purification tablets or drops and a first-aid manual [3]. In detail: alcohol and hydrogen peroxide, antacids, aspirin, adhesive tape, plasters of several sizes, antibacterial soap, gauze, cotton, elastic bandages, a thermometer, scissors, tweezers, water purification tablets or drops, a first-aid manual and the family's own prescription medicines [3]. Our first-aid kit guide compares this with other agencies' lists.

## WHAT IS THE RESERVE BOX?

Beyond the backpack, CENAPRED asks you to plan a reserve box that lets you get through two more days if the emergency continues [1]. The official pages do not itemise it separately; the home stock in the family plan booklet (canned food and bottled water for two days) is the closest official description [3]. Quantities and duration are explained on our Mexico emergency supplies page.

## HOW SHOULD THE KIT BE STORED?

Keep the backpack easily accessible, and consider leaving copies of documents with a relative who lives elsewhere [3]. Check expiry dates of food and water periodically [3].

## HOW DO YOU ADAPT THE LIST TO YOUR HOUSEHOLD?

Compare any ready-made kit against the table above and add what your household needs: medicines, baby items, and extra backpacks for households larger than two people, since CENAPRED sizes the backpack for two [1].

## FREQUENTLY ASKED QUESTIONS

### Why store documents on a USB stick?

CENAPRED lists ID and important documents saved on a USB stick as a backpack item [1]. Our important documents guide lists what to include.

### Why a whistle?

CENAPRED includes a whistle so you can call for help if you are trapped [2].

### Does the list include babies and pets?

Baby items are on CENAPRED's list where needed [2]; see our infant supplies guide. Pets are not on the official lists; see our pets guide.

### Which radio should I choose?

The list only asks for a portable radio with spare batteries [1]. Our emergency radio guide explains the options.