



## Life Pack Supplemental Information and Instructions

Thank you for partnering with CBF in God's work through Life Pack, a program of CBF disaster response. Life Pack provides an opportunity for you to accompany those in crisis by gathering key resources that will be helpful during disaster preparedness and recovery. Specifically, your Life Pack will benefit our near neighbors outside the continental U.S. including Puerto Rico, the Bahamas, and throughout the Caribbean. The contents of your Life Pack will be combined with resources on the ground to help provide power for emergency communications, water filtration, light, and temporary shelter while also attending to minor medical needs and promoting spiritual solidarity.

Each Life Pack kit you have received should contain the following items:

- 1 purple drawstring backpack
- 1 Sawyer Point One water filter
- 1 copy of *When Your Whole World Changes* in Spanish or English, a book of scripture and thoughts for those dealing with disaster

To complete each Life Pack, please purchase and gather the following life gear (*please include new items only*) into the purple drawstring backpack along with the water filter and scripture book.

- [MECO Hand Cranking flashlight](#) (Amazon item # B010LQOROW)
- [Nekteck Mobile Power Bank](#) (Amazon item # B01DEN66MK), a portable solar charger external battery pack with USB ports
- In one zip-lock bag, assemble a first aid kit containing:
  - Band-aids in multiple sizes
  - Several individually packaged small gauze pads
  - 1 tube of antibiotic ointment (such as Neosporin)
  - 1 package of waterproof adhesive tape
  - Several individually packaged alcohol prep pads
  - 1 pair of tweezers
  - 1 pair of small scissors
  - 4 pairs of nitrile gloves
  - 2 face masks
- In one zip-lock bag place:
  - 1 bar of bath soap in original packaging (such as Ivory Clean Original Bar Soap)

- 1 4-6 oz bottle of insect repellent (*non-aerosol only*)
  - 1 2-4 oz bottle of hand sanitizer
- In one zip-lock bag place:
  - 4 adult toothbrushes in original packaging
  - 1 2.5 oz tube of toothpaste in original packaging
- 1 lightweight hand towel
- 2-3 Prayer Cards: Children and adults are invited to write prayers on large index cards in a zip-lock bag

Life Pack is a peer-to-peer initiative. You'll be instructed when and where to handoff your Life Packs to a missionary or relief work team. If you have any questions, please contact us at [engage@cbf.net](mailto:engage@cbf.net).