Every school is different and has its own policies on what students can bring. So be sure to check with your child’s school!

Healthy Breakfast, Lunch, & Snacks to encourage good nutrition throughout the day

Insect Repellent to protect from mosquitoes, ticks, and other insects

Sunscreen, Hat, Sunglasses, Long Sleeves, & Pants to protect from the sun

Helmet to prevent serious types of head or brain injury

Reusable Water Bottle to stay hydrated and avoid sugary drinks

Sneakers & Loose-Fitting Clothing to make it easy to be active

Hand Sanitizer & Tissues to avoid spreading germs to other kids

Backpack Emergency Card to provide emergency contact info

When parents, families, and communities support healthy schools, students get better grades, choose healthier behaviors, and have better social skills.

Learn more about what you can do to support healthier schools at http://bit.ly/CDCCSupportSchools.

For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit cdc.gov/chronicdisease.