**What’s in their backpacks?**

Check your kids’ backpacks to make sure they have the right items to stay healthy and safe at school.

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

- **Sunscreen, Hat, Sunglasses, Long Sleeves, & Pants** to protect from the sun
- **Helmet** to prevent serious types of head / brain injury always wear a helmet when riding a bike
- **Insect Repellent** to protect from mosquitoes, ticks, and other insects
- **Reusable Water Bottle** to stay hydrated and avoid sugary drinks
- **Healthy Breakfast, Lunch, & Snacks** to encourage good nutrition throughout the day
- **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

Download the BAM Dining Decisions APP to help kids make healthy food choices at school and home and on the go.

Learn more about what you can do to support healthier schools at cdc.gov/healthyschools.

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