

EMERGENCY KIT

An emergency kit is an easy-to-grab kit that is prepared by the whole family in preparation of having to leave in a hurry due to an emergency. There are some basic items you should always include and some specific items unique to your family's needs that should be added to your kit. Below is a list of the basic items:



First aid kit

A properly equipped first aid kit can save lives. Make sure you include a first aid manual.



Your Emergency Plan

Essential medications

Consider what medications or supplies you might need and include these, alongside a list of what their title, dosage and copies of your prescriptions.



Include prescription medication or aids required by household members such as glasses, medic-alert bracelet or necklace (keep a spare in your kit), dosage measures (syringes, measuring cups), EpiPen or batteries for hearing aids



Protective clothing

Consider clothes made from natural fibres, keep seasons in mind, and try to pack sturdy shoes or boots and heavy-duty gloves.

In addition to basic items make sure you include a warm jumper, waterproof jacket, a hat, gloves, enclosed-toed shoes or boots for each household member



Water

Never drink tap water after an emergency until authorities have advised it is safe. Water can be stored for up to 12 months in airtight containers. Label when water was last changed.



Essential toiletries and tissues

Include three days supplies of toiletries such as tissues, toilet paper, toothpaste, toothbrushes, soap, shampoo, towel, personal hygiene products, sunscreen and insect repellent.



Hand sanitiser, Face mask and Wipes

Pack enough of these supplies for each member of the household.



Non-perishable food for three days

Have at least three days' worth of food (meals, drinks and snacks) ready in case you need to leave home. If staying home, you will need food high in energy with a long shelf life that's easy to prepare.





Mobile phone, portable chargers, power pack and batteries

Your mobile phone is key to keeping connected during a disaster. Extend the life of your phone by ensuring you have a spare phone charger packed as well as a fully charged portable battery or power pack.

Consider, keeping an older landline phone that is not reliant on power—your telephone exchange may still operate even if the power is out.

Make sure you have enough spare batteries to last three days. Ensure you have packed the correct battery type and quantities required for your torch, radio, kid's toys that are packed and other included electricals.



Battery operated radio

Radio is often the best source of information in an emergency. Mark on the dial the frequencies of your ABC Local Radio and other local services. Select a radio that doesn't rely on electricity.



Pet Supplies

Your pets have their own special needs that you should prepare and plan for as a responsible pet parent.

Factor your pet into water needs, and make sure your dog or cat is registered and microchipped.



Comfort items for the kids

Children will need familiar things to help comfort them in a stressful and uncertain situation.



Important documents

Up to date copies of important documents in your emergency kit. These can also be scanned onto a USB to save space

Photographs of valuable household items and copies of photographs and videos

The same care taken with your important documents can be applied to your personal videos and photos. Take photos of any important household items, particularly those that are insured. Store the photos in a secure place, with copies in your kit, to assist with any insurance claims after the emergency.



Torch

Electricity may not be available where you are headed to and you could be left in the dark for quite a while so include a torch (or two) or a battery powered lantern.



Bedding

Where you evacuate to may have limited supplies of bedding

Camping mattresses and sleeping bags are easy to store in your kit.



Extra supplies for infants

Formula (ready mixed), bottles, nappies AND wipes. Include enough for three days based on your baby's needs.

