

EMERGENCY KIT CHECKLIST



Here is a checklist of recommended items to have in your kit. Some should be stored in a safe place in a waterproof box or bag.

Medicines with a short shelf life or requiring chilling will need to be ready to add when warnings are issued for your area.

Attach the list once completed to the top of the box and review contents at least twice a year.

Consider adding more items to your emergency kit if you are at risk of isolation.

- Water for at least five (5) days** – 10 litres of drinking water per person at a minimum.
- Non-perishable food for five (5) days**
- Gas powered stove** – with spare canister.
- Cooking and kitchen equipment** – pans, plates, cups, cutlery, cooking knife, zip bags, plastic containers and can opener.
- Baby supplies** – formulas (*check expiry date*) and a bottle. Have enough food, nappies and wipes for at least five (5) days.
- Pet supplies** – dry food, water and feeding bowls.
- Thick work gloves and disposable rubber gloves**
- Rubbish bags**
- First aid kit and face masks**
- Essential medication** – include a week's supply of prescription and over the counter medication.
- Essential toiletries** – toilet paper, toothpaste, toothbrushes, soap, shampoo, personal hygiene products, sunscreen, insect repellent, tissues and hand sanitiser.
- Important documents** – paper copies or scans saved to a USB. Drivers licence, insurance policies (home, contents, vehicles, life), passports, legal documents (property deed, wills etc.), birth and marriage certificates.
- Mobile phone, chargers and power bank**
- Torch** – with spare batteries for at least five (5) days use.
- Battery powered radio** – with spare batteries for at least five (5) days use.
- Sunglasses and/or safety glasses**
- Emergency whistle**
- Wrench, pliers, screwdriver** – to help turn off power, water and gas supplies if needed.
- Tarpaulin and ropes**
- Spare glasses and hearing aid batteries** – if needed and possible.
- Spare clothes** – clean underwear, changes of clothes, waterproof jackets and sun hats for all the family.
- Safety knife** – a safety knife is a useful tool during and after a disaster.
- Bedding** – sleeping bags or warm blankets, camping mattress.
- Spare cash** – in case payment systems are down.
- Things to keep you and the kids entertained** – books, pack of cards, some glow sticks.