



# Emergency Packing Checklist

## Where do you begin to prepare for an emergency?

For starters, it is good to have a minimum of three days of supplies at the ready.

A “go bag” is an emergency bag you pack in advance, but hope you never need. Ready packed, you can just “go go go”. Find a bag that is sturdy enough to carry essentials, with a little spare room. A plastic storage tub can also be useful to readily store some of the supplies listed below. Some may already be in your camping equipment. Place reflective tape on watertight containers or bags to easily find them in the dark.

Consider that electricity and drinking water may not be available. And remember to check the bag each season so it is season-appropriate.

## The Car

Keep your car fueled topped up so you can leave without delays at petrol stations.

It's a great idea to have a first aid kit in the car, and sun protection and insect protection. Water and snacks in case you are stopped on route. A Hi-Visibility vest is also a useful item to have on hand. In your first aid kit, make sure you have facemasks, zip lock bags for soiled masks, steriliser and disinfectant. (Take care how you store the steriliser and disinfectant, particularly in hot weather). Consider a small bag you keep with your keys or the toiletry pack which is packed and ready to go, but stored at your home, and kept out of the heat).

Also include a waterproof, floatable torch, an emergency blanket (small foil blankets), and an emergency hammer in the glovebox (for breaking windows).

## Essentials - Items to pack

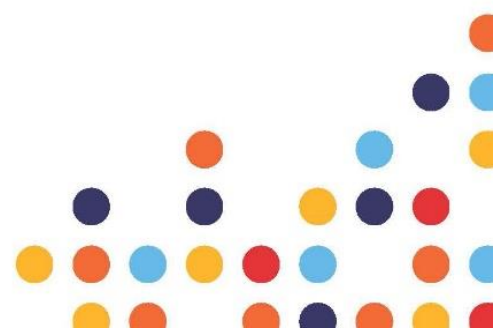
Pure wool blankets - you can wet these and cover yourself for last-resort fire protection.

## Water

- 2 L per person per day for drinking
- Extra for handwashing
- Water purification tablets

## Food/ Cooking

- Three days of non-perishable food, eg tinned foods, dehydrated or dried foods, muesli bars, dry biscuit
- Can opener (not electric)
- Cutlery and crockery (picnic or camping set) or disposable items
- Bedding – sleeping bags, wool blankets, sleeping mat
- Cash, including small change
- Chargers for phone – solar ones are available
- Duct tape
- Extra batteries
- List of emergency contact numbers
- Matches - pay attention to fire bans
- Pen and paper
- Plastic bucket and a tight-fitting lid
- Portable gas cooker – be aware of fire bans for sterilising etc
- Printed photos or USB with family members photos – can be used in case of missing persons
- Radio and battery
- Saucepan or billy



- Tent
- Torch and batteries
- Utility knife
- Whistle

## **First Aid Kit**

- Adhesive dressings
- Antiseptic cream, spray or powder
- Anti-diarrhea medication
- Bandages, triangular and crepe
- Disposable gloves
- Dressings
- Dressing tape
- Gauze pads
- Safety pins
- Tweezers
- Thermometer
- Sterile Saline
- Spares of Medications – check they are within expiry dates
- Scissors
- Vomit bags
- P2 Face masks - For smoke from fires if the emergency is a fire-related emergency
- Face masks suitable for COVID safe practices
- Separate ziplock bags for clean and used masks. Label clearly to avoid confusion
- Sanitiser and disinfectant (or include in your toiletry pack)
- Gumboots or waterproof footwear for flood-related emergencies.

## **Basic toiletries**

- Insect repellent
- Sanitary products
- Shampoo and conditioner
- Soap



- Sunscreen
- Toilet paper
- Toothbrushes
- Toothpaste
- Sanitiser
- Disinfectant

## **Clothing**

- Hat with excellent sun coverage
- Sturdy shoes/ boots - waterproof if the emergency stems from flood or inundation warnings
- Safety glasses
- Safety gloves
- Try for clothing with natural fibres
- Three days of changes, including underwear

## **Fire-proof and waterproof envelope/ sleeve with copies of important documents like**

- Bank details
- Child immunisation books
- House titles or mortgage documents
- Insurance details
- Marriage and birth certificates
- Passports or other identifications
- Prescriptions
- Microchip numbers for pets
- Vaccination records for pets

## **Items for elderly or persons with disability**

- Assistive devices
- Adaptive equipment
- Cooler and ice bricks to keep medications cool
- Feeding products



- Incontinence products
- Heavy-duty gloves (for manual wheelchair users, in case you need to push through debris)
- Hearing devices and batteries
- Mobility items
- Spare glasses
- Special prescription items
- Writing devices
- Wheelchair battery information and spare battery if possible
- Wheelchair repair kit

### **For babies**

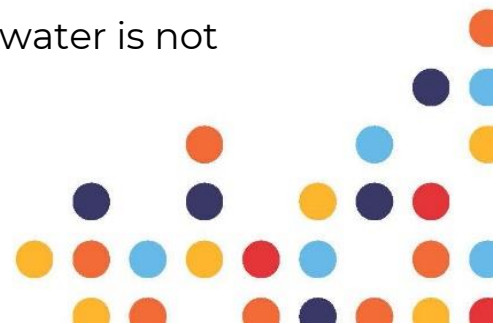
- Minimum of 3 days worth of nappies (if you use bamboo or cloth, be aware that washing water may not be available in an emergency. You may wish to purchase disposable nappies for the emergency kit)
- Bulk pack of nappy wipes.
- Changing mat
- Favourite blanket or toy
- If your baby is express fed, be prepared to hand express in the event pumps are not able to be sterilised.

### **For formula-fed babies**

- Unopened Formula
- Bottles and teats – all pre sterilised – enough for 1 each feed for three days
- Small bottles of drinking water to use to make up baby formula

### **Older babies**

- Tinned foods, food pouches
- sturdy disposable spoons (in case washing water is not available)



## For children

- Something to keep them entertained
- Colouring in
- Balls to kick or throw
- Board or card games (not too large)
- A “comfort” toy

## For pets or service animals

- Food
  - Water
  - Leash or lead
  - Collar
  - Identification Tag
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