**Prepare your emergency kit:**
**Essential items, all times**

**Food and water**
- Range of non-perishable food items
- Bottled water

**Medical and sanitation**
- First Aid Kit and manual
- Essential medications, prescriptions and dosage
- Toilet paper
- Toothbrush/toothpaste
- Soap/shampoo
- Personal hygiene items

**Light**
- Flashlight/torch with extra batteries
- Battery powered lantern

**Communications**
- Battery powered radio with extra batteries
- Traditional wired telephone
- Prepaid phone cards or coins for phone calls

**Clothing and footwear**
- Warm jumper, waterproof jacket, hat and gloves for everyone
- Closed-toed shoes or boots for everyone

**Tools and supplies**
- Whistle, utility knife, duct/masking tape
- Plastic garbage bags, ties
- Safety glasses and sun glasses

**Miscellaneous**
- Special Items for infants (nappies, formula etc)
- Special items needed by elderly or people with special needs
- Spare house and car keys
- Pet food, water and other animal needs

**Important documents**
- Keep original or certified copies of these documents in your Emergency Kit.
  - Scan copies of them and save the files on a USB memory stick or CD to include in your kit. Keep all these items in sealed plastic bags.
  - Insurance papers for your house and contents, cars, and for valuable items
  - Inventory of valuable household goods
  - Wills and life insurance documents
  - House deeds/mortgage documents
  - Birth and marriage certificates
  - Passports/visa details
  - Stocks and bonds
  - Medicare, pension cards, immunisation records
  - Bank account and credit card details
  - A back-up copy of important computer files
  - Household Emergency Plan with emergency contact numbers *(also see Fact Sheet 1)*

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**Fact sheet 3: Prepare your emergency kit**

**Always remember:**
- Having an emergency kit is an important step to prepare for, survive and cope with emergencies.
- **Know:** All householders need to know where your Emergency Kit is kept.
- **Check:** and update the contents of your kit regularly, to ensure everything is in working order and has not expired.
- **Discuss:** your emergency kit with all householders and make sure everyone knows what to do in an emergency.
- **On this page is a list of items which should be in your kit at all times.**
- **On the other side of this page is a list of extra items which, if you do not keep at all times, you should add to your kit during storm or cyclone season.**

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Prepare your emergency kit:
Extra items, storm times

Food and water
- Three days' supply of non-perishable food
  (plus can opener, cooking gear, plates and utensils)
- Clean water in sealed containers
  (10 litres per person is recommended for three days supply)
- Water purification tablets

Medical and sanitation supplies
- Extra supplies of medications
- Extra toiletry and sanitary supplies, sunscreen and insect repellant
- Prescription details for all medications
- Spare spectacles

Tools, communications and supplies
- Wide masking tapes for windows
- Wrench or pliers to turn off all utilities
- Tent or tarpaulin
- Woollen and thermal blankets
- A mobile phone, spare battery and charger

Clothing and footwear
- Change of clothes for everyone, stored in plastic bags
- Spare clothes and bedding

Miscellaneous items
- Extra supplies for infants (extra formula, nappies etc)
- Extra items for the elderly or people with special needs
- Spare cash in case electronic bank tellers don't work
- Pets – provisions and information
  (such as vet’s papers, leash, food and water, collars with identification tag, pet beds, litter pan and scooper, carrier or harness, medication)

In an emergency, there may be interruptions to power and water supplies.
Ensure you have adequate stocks on hand:
- Barbeque or portable stove with fuel
- Fully charged batteries for mobile phone
- Spare batteries for torch and radio
- Esky or gas / battery powered refrigerator

Remember: if you have visitors during an emergency, you will need supplies for them also.

at least 3 days is how long you may be without assistance.