

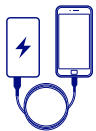
Emergency Kit Checklist

Every day first responders and emergency services are there for us when we need them most. We can all help them by packing an emergency kit and being better prepared when wild weather happens. Alongside our partners at Australian Red Cross, we've prepared a list of necessities to include in your emergency kit. The equipment in your kit should be stored in a waterproof container or bag, kept in an easily accessible place, and checked and resupplied frequently.



Battery powered radio and spare batteries

A radio provides emergency updates. Mark on the dial the frequency of your local ABC radio station. The official emergency broadcaster will provide key alerts, warnings, and essential up-to-date information. Find your local ABC radio frequency at [reception.abc.net.au](https://www.abc.net.au/reception).



Mobile phones, chargers, and power banks

Your phone keeps you in touch in an emergency. Chargers and power banks can help charge your phone with or without power.



Waterproof torch and spare batteries

To use at night and if there is a power outage. Keep the batteries separate to the torch to avoid corrosion and check them every 6 months. Consider wind up torches that don't need batteries.



First aid kit and emergency blanket

Items to help in case someone is hurt. Include important medications, prescriptions, and an emergency blanket. An Australian Red Cross first aid kit meets Australian standards and contains useful items first aid kits should provide in an emergency. Buy yours online at shop.redcross.org.au.



Candles and waterproof matches

To use at night if there is no power, and in case the matches get wet in a storm or a flood.



A copy of your emergency plan

Your written and printed plan including contact numbers of family, friends, neighbours and emergency services. If you need help creating an emergency plan, use the Get Prepared tool we created with Australian Red Cross.



Copies of important documents

Save digital or printed copies of passports, wills, drivers licences, marriage and birth certificates, medicare cards, land titles and insurance papers in case they're lost. Store them in a waterproof/ fireproof container and in the cloud. Take photos of other important items for insurance purposes.



Waterproof bag for valuables

In case of a storm or flood, this ensures your valuables and documents stay dry and protected.



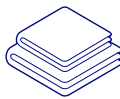
Food and can opener

Enough long shelf-life food (such as canned meats, fruits and vegetables, protein bars, biscuits, crackers, nuts, trail mix and dried fruits) to last at least 3 days. Remember the needs of everyone in your household including babies, children and pets.



Drinking water

10 litres of bottled water for each person in your household. Never drink tap water after an emergency until authorities have advised it is safe.



Blankets, clothing, and special supplies

Pack a woollen or thermal blanket, sunscreen, insect repellent, clothing such as natural-fibre shirts and protective footwear. Remember essential items that are difficult to find and replace, including reading glasses, nappies, mobility aids and hearing aids.



Pet essentials

Objects to keep your pets safe and comfortable including a leash, harness, bedding, travel cage, medication, pet food and feeding bowls.



Cash

Having some cash will help meet basic and urgent needs in case ATMs and banks aren't operating.

Set an annual reminder to check your emergency kit and all the items in it. You may want to update your kit based on life changes, such as the addition of children or pets. To pack an extensive survival kit download the [Australian Red Cross Survival Kit Plan](#).