

EMERGENCY KIT: CHECKLIST



Having an Emergency Kit is an important step to prepare for and cope with emergencies. If a disaster event happens and you can't get to the supermarket or chemist for a few days or you lose power and / or water, it will help to have a well-stocked Emergency Kit. Have enough to see you through a minimum of three days to a week. Grab an extra item or two each time you go shopping to stock up.

The lists below are just a guide. You can pack more (or less) depending on your household's needs.

FOOD AND WATER

Non-perishable food items	
Can opener	
Water (3-4 litres per person per day)	

Make sure the food items you stock in your Emergency Kit are things your household likes to eat.

If you don't have a generator or barbecue, consider foods that can be prepared without heat.

TOOLS AND SUPPLIES

First Aid Kit	
Torch/lantern and batteries	
Utility knife and tape	
Safety glasses and gloves	
Garbage bags and ties	
Tarp and ropes	
Whistle	
Pen and notepad	

COMMUNICATIONS

Radio and batteries	
Charged power bank	

MEDICAL AND PERSONAL CARE ITEMS

Essential medications	
Toothbrush and toothpaste	
Soap/shampoo/conditioner	
Toilet paper/hygiene products	

OTHER CONSIDERATIONS

Baby formula/food	
Nappies, wipes and baby products	
Pet food, water and pet medications	
Spare gas bottle for BBQ	
Extra fuel for generator	
Other.....	

KNOW - Everyone you live with needs to know where the Emergency Kit is kept. Write it in your Plan.

CHECK - Emergency Kit contents should be checked regularly. Broken or expired items aren't helpful.

DISCUSS - Does everyone you live with know what it is in your Emergency Kit and what to do in an emergency?

FOR MORE INFORMATION, VISIT
www.lockyer valley.qld.gov.au/disaster management



EVACUATION KIT: CHECKLIST



If you must leave your home in an emergency, you will need more than just your Emergency Kit. Remember sheltering at home is the best option if it is safe to do so. But if you need to relocate, the next best place is to family and friends. Evacuation Centres are a last resort.

No matter where you are evacuating to, consider the following items IN ADDITION to your Emergency Kit.

IMPORTANT DOCUMENTS

Driver's licence	<input type="checkbox"/>
Certificates - Birth/Marriage	<input type="checkbox"/>
Insurance documents	<input type="checkbox"/>
Bank account details	<input type="checkbox"/>
Copy of Household Emergency Plan	<input type="checkbox"/>

COMMUNICATIONS

Spare mobile phone charger	<input type="checkbox"/>
Spare charged power bank	<input type="checkbox"/>

MEDICAL AND PERSONAL CARE ITEMS

Essential medications and prescriptions	<input type="checkbox"/>
Face mask/ hand sanitiser	<input type="checkbox"/>
Sunscreen/insect repellent	<input type="checkbox"/>
Spare prescription glasses/medical aids	<input type="checkbox"/>

CLOTHING AND BEDDING

Spare clothing	<input type="checkbox"/>
Warm jumper	<input type="checkbox"/>
Rain proof jacket	<input type="checkbox"/>
Hat	<input type="checkbox"/>
Shoes and socks	<input type="checkbox"/>
Camp mattress/sleeping bag/swag	<input type="checkbox"/>
Blanket/pillow	<input type="checkbox"/>

VALUABLES

Cash	<input type="checkbox"/>
Photos/special items	<input type="checkbox"/>
Spare house and car keys	<input type="checkbox"/>

ENTERTAINMENT

Books/Game/Colouring in Activities	<input type="checkbox"/>
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Visit Lockyer Valley Regional Council's Disaster Dashboard for more information on how to be prepared

disaster.lvrc.qld.gov.au

