



# GET PACKING

## Get your essentials together



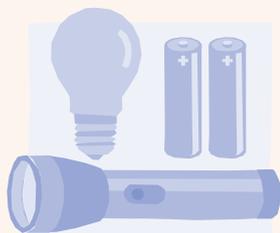
Keep this handy checklist on the fridge until it's done!

Packing your survive and recover kit can be satisfying and fun, especially for the kids. So get together with everyone in your household or your personal support network to make a list of what you'll need.

Chances are you'll already have many necessary items in the house. If you need to buy anything, remember you don't have to do it all at once. You can stagger it over weeks or months—a few items each time you shop.

## Suggested survival items:

### Light



#### NOTE!

Don't leave batteries in the torch, and check them every six months. Consider wind-up torches that don't need batteries. Red Cross sells them online at [redcross.org.au](http://redcross.org.au)

### Water



#### NOTE!

Never drink tap water after an emergency until authorities have advised it is safe. Water can be stored for up to 12 months in airtight containers. Label when water was last changed.

### Cash



#### NOTE!

Many people do not carry large sums of cash. ATMs and banks may not be operating in the early stages of any emergency. Having some cash will help meet basic and urgent needs.

### Food



#### NOTE!

Remember the needs of everyone in your household, including babies, children and pets. Have at least three days' worth of food (meals, drinks and snacks) ready in case you need to leave home. If staying home, you will need food high in energy with a long shelf life that's easy to prepare.



## Take your medicine

Medical needs are an important consideration for everyone when packing a Survive and Recover Kit.

Plan to have 14 days' worth of any medications you might need.



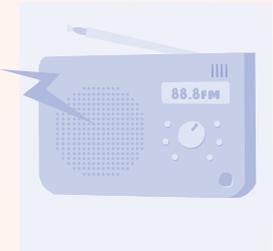
## Special medical supplies or equipment



### NOTE!

Consider what medications or supplies you might need and include these, alongside a list with their title, dosage and copies of your prescriptions.

## Radio (battery-powered)



### NOTE!

Radio is often the best source of information in an emergency. Mark on the dial the frequencies of your ABC Local Radio and other local services.

Select a radio that doesn't rely on electricity.



## Toiletries



### NOTE!

Having toiletries can help keep you refreshed and give you a sense of routine—even when you are unable to wash or shower.



## Chargers



### NOTE!

Have a charger or charged battery pack for your phone. Also consider, keeping an older landline phone that is not reliant on power—your telephone exchange may still operate even if the power is out.



## First Aid Kit



### NOTE!

As well as buying a Red Cross household or car first aid kit, it's also a good idea to do first aid training.



## Protective clothing / blankets



### NOTE!

Consider clothes made from natural fibres, keep seasons in mind, and try to pack sturdy shoes or boots and heavy-duty gloves. Remember sunscreen, insect repellent, and wide-brimmed hats.



## Pet essentials



### NOTE!

Factor your pet into water needs, and make sure your dog or cat is registered and microchipped.

Most of the things you need will be at a supermarket, hardware store or even the \$2 shop. Remember you may already have useful items around the home, such as camping equipment.

## Suggested recovery items:

### Scans or photocopies of important documents



- Passports
- Wills
- Driver's licences
- Marriage and birth certificates
- Land titles
- Mortgage papers
- Insurance papers
- Prescriptions
- Medical histories
- Child immunisation books.

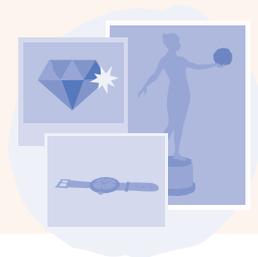
#### NOTE!

Check functionality regularly, and use waterproof or fireproof containers if necessary. It's a good idea to have a back-up copy of documents securely stored in an alternative place to home, perhaps in a locked drawer at work, with a family member, or stored in the cloud.

### Your RediPlan



### Photographs of valuable household items



### Copies of videos and photos



Store your scans or copies so that they can be grabbed quickly and easily if you have to leave.

The same care taken with your important documents can be applied to your personal videos and photos.

Take photos of any important household items, particularly those that are insured. Store the photos in a secure place, with copies in your kit, to assist with any insurance claims after the emergency.

Map where your valuable items are stored in your home in case you have to collect them quickly.

**Make sure valuable items are stored well above ground level, or use waterproof containers.**

Consider purchasing a fireproof safe for valuables. Keep some sturdy garbage bags for putting other items of sentimental value in, in case you have time to collect them in an emergency.



## Entertainment

### Comfort the kids

Children will need familiar things to help comfort them in a stressful and uncertain situation. Talk to your kids about what's important to them.

This is likely to be different to what you think is important to them.

## Store and review your kit

**As you can see, you'll need more than a simple shoulder bag to hold your survive and recover kit.**

You'll need a sturdy container, preferably waterproof. Think about a box with wheels or handles and a watertight seal. Alternatively you can use a large sports bag or a suitcase with wheels. Arrange your container last so you'll know what size it needs to be.

Store your survive and recover kit where it's easy to access—close to an escape route in your house, or in a shed. Mark your kit clearly, and put some reflective tape on it so it can be seen easily in darkness. Make sure everyone in your household and personal safety network knows where it is.



**Set an annual reminder in your phone and/or calendar to check your survive and recover kit.**

Make a note of any perishables and rotate them through your bathroom and pantry. Your kit should be updated to reflect changes in your life, such as the addition of children or pets, changes to relationships, location changes, and so on.