

Get packing checklist

In an emergency, you often don't have time to think, let alone pack. Use this checklist to create a Survive and Recover Kit ahead of time and help to reduce stress in a disaster.

The essentials

- ☐ **Bottled water**
Never drink tap water until authorities advise it is safe. Water can be stored for 12 months in airtight containers. Label when water was last changed.
- ☐ **Non-perishable food and can opener**
Pack enough food to sustain your household for three days, including meals, drinks and snacks, in case you have to evacuate. If staying home, you will need high energy food with a long shelf life that's easy to prepare.
- ☐ **Torch**
If using a battery powered torch, store these separately, not in the torch. Consider buying a wind-up torch that won't need batteries.
- ☐ **Mobile phones, charging cables and power banks**
Your phone can help you stay connected. If access to power is limited, charging cables and power banks are essential.
- ☐ **Cash**
ATMs and banks may not be operating in the early stages of any emergency, so it's useful to have a small amount of cash for urgent needs.
- ☐ **Battery powered radio**
Radio is often the best source of information in an emergency. Mark the frequencies of your ABC Local Radio and other local services on the tuning dial.
- ☐ **Medication and prescriptions (14-days)**
Consider the medical needs for your entire household. Include a list of your medications with their title, dosage and copies of your prescriptions.
- ☐ **First aid kit**
Ensure your kit includes sunscreen, insect repellent and a fire-proof woollen blanket. Consider taking a First Aid course if possible to help yourself and others.
- ☐ **Personal Protective Equipment (PPE)**
Pack long-sleeve shirts, pants, and enclosed footwear, preferably made from natural fibres. Include safety glasses, heavy duty gloves, wide-brimmed hats and sturdy shoes or boots.

For more information visit:
redcross.org.au/prepare

Recovery items



Toiletries and clean clothes

Having toiletries can help keep you refreshed and give you a sense of routine. Make sure to pack a change of clothes for all family members for 3–4 days. For a guide on what to pack for babies or toddlers, visit our website.



Sentimental items

Take personal items that hold special meaning to you and your loved ones. Remembering irreplaceable items (e.g. photo albums, family videos, special jewellery) will help reduce the mental and emotional impacts of disasters.



Comfort and entertainment items

Pack familiar activities to keep children engaged, making sure to talk with them about what matters most. Adults will also appreciate having something to do during downtime or waiting periods.



Animal essentials

Think about the needs of your pets and animals over at least a week. This might include food, identification, medication, transport and accommodation.



Your RediPlan

To create your own RediPlan plan, attend one of our EmergencyRedi workshops or download the template from our website. Once completed, print out a copy and store it in your kit as well as sharing with your important people.



Photographs of valuable household items

Take photos of important household items, particularly those that are insured, and store the images securely. Ensure valuable items are kept well above ground level or use waterproof containers. Create an up-to-date list of valuable items and map where they're stored in your home for easy access.



Scans or photocopies of important documents

Create a backup copy of your important documents and keep your scans and copies in your kit. Additionally, securely store them in an alternative place to home, e.g. in a locked drawer at work, with a family member, or in the cloud.

<input type="checkbox"/> Passports	<input type="checkbox"/> Insurance documents	<input type="checkbox"/> Marriage and birth certificates
<input type="checkbox"/> Wills	<input type="checkbox"/> Medical documents	<input type="checkbox"/> Land titles
<input type="checkbox"/> Licences	<input type="checkbox"/> Immunisation records	<input type="checkbox"/> Mortgage papers

Keep your completed Survive and Recover Kit somewhere easy to access.

Mark it clearly with reflective tape and make sure everyone in your household and support network knows where it is. Set a reminder in your phone and calendar to update your kit annually to reflect any changes to your household or location.

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