

**STORE THE FOLLOWING ITEMS IN A STURDY,  
WATERPROOF, EASILY TRANSPORTED BAG OR BOX.**

**IN A DISASTER, MAKE SURE YOUR EMERGENCY KIT IS IN EASY REACH.**

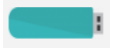
## FOOD AND WATER

- Non-perishable food items (enough for 5 days)
- Bottled drinking water (10L per person)
- Prepare 5 day menu plan
- Eating utensils
- Vitamins
- Portable gas stove



## MEDICAL & SANITATION

- First Aid Kit (should be checked yearly)
- Essential medications, prescriptions and dosage
- Toilet paper
- Toothpaste/brush
- Soap/Shampoo/Conditioner
- Personal Hygiene items
- Sunscreen/Insect Repellent



## COMMUNICATIONS

- Battery powered radio with extra batteries
- Mobile phone and phone charger
- Fully charged power pack



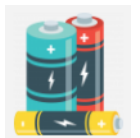
## LIGHT

- Flashlight/torch with extra batteries
- Battery powered lantern



## CLOTHING & ESSENTIALS

- Clean clothing and waterproof jacket
- Hat and protective eyewear
- Closed-toed shoes/boots
- Work/garden gloves
- Blanket/sleeping bag
- Dust mask
- Cash in waterproof wallet



## TOOLS & SUPPLIES

- Whistle, utility knife and duct/masking tape
- Plastic garbage bags and cable ties
- Wrench/pliers (to turn of utilities)
- Can opener
- Full tank fuel



## MISCELLANEOUS

- Special items for infants (nappies, formula, bottles etc.)
- Special items needed by elderly or people with special needs
- Spare house and car keys
- Pet food, water and other animals
- Douglas GetReady USB Stick with copies of important documents



## DOUGLAS GETREADY USB STICK WITH COPIES OF IMPORTANT DOCUMENTS

### USB WITH DOCUMENTS

- Passports
- Driver's licence
- Testaments
- Marriage & birth certificates
- Land titles
- Immunisation record/s
- Bank account no.
- Emergency household plan
- Insurance policies
- Emergency contacts
- Photographs of valuable household items
- Important phone numbers