

Emergency “grab bag”

In emergencies, it's important to keep essentials within easy reach so you can move quickly. Ideally, prepare a small easy-to-carry bag with essentials and store it in an accessible place ready to go. At the very least, have an up-to-date check list for things to put into your emergency “*grab bag*”. The bag contents will vary depending on your needs but may include:

Emergency items

- Essential/prescribed medication, plus asthma and respiratory aids
- Hearing aids & batteries
- Spectacles/contact lenses
- Useful phone numbers
- Mobile phone and charger
- House and car keys
- Money & credit cards
- First aid kit
- Basic toiletries e.g. toothbrush and toothpaste, sanitary towels.

Supplies for babies and small children

- Food, formula and drink
- Change of clothing
- Nappies
- Toys, books and activities

Food and water

- Bottled drinking water
- Special food needs
- Canned or dried food
- Can opener

Clothing & Equipment

- Wind and rainproof clothing
- Strong shoes for outdoors
- Waterproof torch and spare batteries (check regularly)
- Radio and spare batteries (check regularly)
- (perhaps you could consider getting wind- up torches and radios)

Other items to consider

- Copies of insurance documents
- Anti-bacterial hand wipes/gel
- Blankets and sleeping bags
- Sun hats and sunscreen
- Toilet paper
- Rubbish bags
- Thermos flasks
- Pet supplies

* This is a guide - review your family needs. Write other items here: