



Emergency Grab & Go bag

WHEN EMERGENCIES HAPPEN, ITS IMPORTANT TO BE PREPARED!

A grab-and-go bag is a small emergency kit that's easy to take with you, in case you need to leave right away. It's a good idea to make grab-and-go bags for your home, workplace and vehicle and store them in an area of your home that's easy to get to, such as a hall cupboard, spare room or garage.

Ideally, there should be a grab bag for each member of the family, including your pets.

Water must be safe to drink

Purchase bottled water for an emergency kit. Keep it in its original container in cool and dark place that's easy to reach.

You should not:

- Open the water until you need it
- Use water that's past the expiry or "best before" date on the bottle
- Use water from toilet tanks/bowls, radiators, waterbeds, swimming pools or spas

Remember: If regular water supply becomes contaminated, you can purify and bottle your own water. If you use a water filtration device, it's still a good idea to store some bottled water as well.

WHAT TO PUT IN YOUR GRAB & GO BAG

Minimum inclusions:

- Water
- Medications, and prescriptions "pack your essential medications" e.g. EpiPen and/or respiratory nebulizers Ventolin)
- Phone, charger, and power bank
- Battery powered radio
- Extra batteries
- First-aid kit
- Sanitiser/Disinfectant Wipes
- Personal toiletries and items such as an extra pair of glasses or contact lenses
- Copy of your emergency plan
- Cash
- Seasonal cotton clothing and sturdy footwear
- Mask
- Whistle
- Local map with family meeting place identified
- Pen and notepad
- Wallet and keys
- Portable hard drive or USB containing photos and document copies
- Waterproof document wallet with copies of important papers such as: Insurance, Passport, Driver's licence, Birth certificates, Blue book for baby, Medicare cards

Optional extras:

- Portable hard drive (with computer back-up)
- Baby formula
- Head lamp torch