

Your disaster kit

Disasters can strike at any time and often without warning. Are you prepared?

- Have your disaster supplies in a bag that you can carry
- Know where to locate items that aren't in the bag
- Check expiry dates of items such as food, medication and medical supplies - if necessary, renew these items every 12 months
- It's a good idea to wear a MedicAlert bracelet so if you are injured you can be given appropriate treatment.

Food

- Enough suitable canned or dried food for at least three days e.g.
 - canned unsweetened fruit e.g. peaches
 - canned fish e.g. tuna or salmon, in spring water
 - baked beans
 - soup (packet or tinned)
 - wholegrain crackers, weetbix or muesli in a waterproof container
 - dried milk powder
 - nuts e.g. peanuts
 - jar of peanut butter or your favourite spread
- Quick acting carbohydrate for the treatment of hypos e.g. glucose tablets or jelly beans
- Enough bottled water for three days at three litres per person per day - ensure you refresh your water supplies on a regular basis.

Medication and medical supplies - as appropriate for your needs

- At least two weeks' supply of medications
- Syringes and/or needles or pens
- Blood glucose meter with spare batteries and test strips
- Insulin and/or diabetes medication
- Other medication e.g. blood pressure or heart pills
- Insulin pump supplies if you use a pump
- First aid kit
- Glucagon emergency kit
- Alcohol swabs or antibacterial wipes
- Blood glucose log book and pencil
- Urine ketone sticks
- Finger pricker and lancets
- Doctor's contact details
- List of medication you take and why you take it

Have your disaster supplies in a bag you can carry



Other supplies

- Can opener
- Sharp knife
- Plastic cups, plates and utensils
- Barbecue with full gas bottle or primus stove
- Torch
- Battery operated radio
- Spare batteries - check them every three months
- Whistle (so you can be heard)
- Spare pair of glasses and sunglasses
- Waterproof matches or matches in a waterproof container
- Pad and pen
- Candles
- Toilet paper
- Rubbish bags
- Two buckets, one for water and one for a temporary toilet

Clothing and bedding

- Socks
- Comfortable walking shoes
- Set of warm clothes including a woollen hat
- Sleeping bag
- Raincoat

There are many different types of civil defence emergency that can occur in New Zealand.

Read the inside back page of the Yellow Pages for further details.