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
➢ Make sure to check the expiry dates of items such as food, medication, and medical supplies. If necessary, renew these items every 12 months

### Food

➢ Canned or dried food for at least 3 days. Here are some suggestions:
  • Canned unsweetened fruit e.g. peaches
  • Canned fish e.g. tuna or salmon in spring or brine water
  • Baked beans
  • Canned or packet soup
  • Carbohydrate foods e.g. wholegrain crackers, rice, or pasta
  • Weet-Bix, unsweetened cereals, or muesli in a waterproof container
  • Dried milk powder or long life milk
  • Nuts e.g. peanuts or almonds
  • Jar of peanut butter or your favourite spread
  • Pet food and baby food if needed

➢ Enough bottled water for 3 days (3 litres per person per day). Do not use milk bottles, as leftover milk may contaminate the water. Ensure you refresh your water supplies on a regular basis
➢ Quick acting carbohydrate for the treatment of hypos e.g. glucose tablets or jelly beans

### Health/Hygiene

- Toiletries e.g. towel, toothbrush, toothpaste, soap
- Toilet paper
- Rubbish bags
- Towels
- 2 buckets- one for water and one for a temporary toilet
- First aid kit (including Panadol, sun-block, safety pins)
- Face and dust masks

### Medication and medical supplies

At least two weeks supply:
- First aid kit
- Syringes and/or needles, or pens
- Blood glucose meter with spare batteries and test strips (30 days supply - check the date on your strips regularly)
- Insulin and/or diabetes medication in an insulated container if possible
- Other medication e.g. blood pressure, allergy, or heart pills
- Insulin pump supplies if needed
- List of insulin pump settings
- Written instructions from your diabetes team for an insulin regimen to use when off an insulin pump (along with appropriate insulins)
- Glucagon emergency kit
- Alcohol swabs or antibacterial wipes
- Blood glucose log book and pencil
- Urine ketone sticks or strips
- Finger pricker and lancets
- Empty sharps container for used lancets and needles
- MedicAlert or similar identification

### Other Supplies

- Cash
- Sharp knife
- Can opener
- Plastic cups, plates and utensils
- Portable gas cooker, and extra gas
- Pot for boiling water/heating food
- Torch
- Battery operated radio
- Spare batteries- check them every 3 months
- Whistle (so you can be heard)
- Spare glasses, and hearing/mobility aids
- Waterproof matches or matches in a waterproof container
- Important documents in a waterproof bag/container e.g. birth/marriage certificate, passport, financial documents, your doctor’s contact details, list of allergies and medications you take and prescriptions
- Extra cellphone batteries and charger
- Nappies if required

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

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