

# Weather Alert: Emergency Kit Checklist



This checklist provides a list of essential items to include in your emergency kit to ensure you're prepared for any severe weather event. Some items should be stored in a waterproof box or bag in a safe, easily accessible location. Medications with a short shelf life or those requiring refrigeration should be ready to add as soon as storm warnings are issued for your area. We recommend reviewing and updating your emergency kit at least twice a year to ensure everything is up to date and in good condition.

- Water** At least 10 litres per person, enough for three days.
- Non-perishable food** Stock up on easy-to-prepare meals for three days.
- Essential medications** A one-week supply of both prescription and over-the-counter medications.
- Personal hygiene products** Toilet paper, toothbrushes, toothpaste, soap, shampoo, tissues, hand sanitiser, and any special needs items.
- Torch** A reliable torch with spare batteries for at least three days. If possible, choose a lantern-style torch for easier lighting.
- Spare glasses and hearing aids** Extra glasses, hearing aid batteries, or any other necessary aids.
- Personal contact information** A list of emergency contacts (family, friends, healthcare providers), and any special instructions related to your health that caregivers may need to know.
- Mobile phone** Keep it fully charged, along with a charger. Include a power bank to ensure you can charge if there's no power.
- Battery-powered radio** To receive updates, with extra batteries for at least three days.
- Cash** Keep a small amount of cash on hand in case ATMs or payment systems are unavailable.
- Check your smoke detectors** Ensure they are working properly, and replace the batteries if necessary.
- First aid kit** Include basic medical supplies such as bandages, antiseptic wipes, pain relief, and any specific medical items you may need.
- Important documents** Paper copies or digital scans of IDs, health insurance, medical records, prescriptions, and emergency contacts.
- Extra keys** Keep a set of spare keys for your home and car in case you need to evacuate.



## Look out for each other

Stay in contact with elderly friends, neighbours, and relatives to ensure you can assist each other if needed during a severe weather event.