



Emergency Services information sheet

Emergency Kits

Essential items

A well prepared emergency kit should consider the following items:

- water in sealed containers (10 litres per person for three days)
- portable, battery operated radio
- torch
- first aid kit
- Prescriptions, medications, sanitary products, toiletries and handywipes
- special needs for infants, aged and people with disabilities
- spare clothing including strong shoes, broad brimmed hat, and leather gloves
- waterproof ponchos
- blankets, towels
- sunscreen
- sleeping bags
- mobile phone and charger or phone card
- extra car and house keys
- multi-functional pocket knife
- canned food, tea, coffee, powdered milk
- can opener and utensils
- waterproof matches
- strong plastic bags for important documents and personal items
- emergency contacts
- family and friend contact details
- books, playing cards or games
- credit cards, key cards and money

First aid kit

Use a well sealed container for your first aid kit. A well stocked kit should consider the following essential items:

- non-stick dressings
- bandages
- sterile gauze pads
- bandaids
- antiseptic cream
- iodine
- saline solution
- pain relief
- surgical tape
- scissors
- hypothermic blanket
- Waterproof matches.

Pre-prepared first aid kits are available from pharmacies, some emergency service organisations and online. They can be tailor made to suit your specific needs.

First aid kits for pets

Refer to our Pet Care fact sheets for information on first aid kits for pets.

Further information

To find out more about Emergency kits please visit our website.

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