



GRAB AND GO EMERGENCY BAGS

Rotary Club of Ahuriri Sunrise

EMERGENCY GRAB BAG - A MUST HAVE FOR EVERY HOUSEHOLD

All Civil Defence strongly urge every household in New Zealand to maintain a ready Emergency Backpack for swift vacation or in-home sheltering during a major natural disaster such as floods and earthquakes. Natural hazards have the potential to cause disruption, damage property and take lives. Get ready now to protect yourself, your family, and pets.

The Essential Items: *these will be made up to the number of people in each home*

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|--|---|
| 1. Back Pack | 16. Wipes |
| 2. Foil Blankets | 17. Masks |
| 3. Plastic Plate & Utensils | 18. Gloves |
| 4. Whistles | 19. Eztowel - towels |
| 5. Torch - hand pump have no batteries OR Torch worn on your head | 20. Pack of Cards |
| 6. Note pad – Exercise Book | 21. Plastic Rain Poncho (number to suit household) |
| 7. Pencils - Biro – Felt Pen (Sharpie) | 22. Hazard Bags |
| 8. Power Bank | 23. Canned Food - must be solid top - no click and open |
| 9. First aid Kit | 24. Can Opener |
| 10. Soap | 25. Bottled Water |
| 11. Toothbrush | 26. Water Purification Tablets |
| 12. Toothpaste | 27. Fluro Vest |
| 13. Tissues | 28. Light Sticks |
| 14. Toilet Paper | |
| 15. Sanitiser | |

Family Special Items to Add:

1. Medication Requirements - make a list of your medication
2. Radio with batteries **OR** Wind up Radio
3. Leads for mobile phone – suitable for car plug recharging
4. Portable phone Charger
5. Cash
6. Change of clothes for each member – Undies, Top, Trousers, Socks
7. Dry Shoes
8. Plastic Bucket
9. Personal Toiletries – a small toilet bag of personal items
10. Sanitary needs - nappies, sanitary pads,
11. Reading Glasses, Hearing Aids Contact Lens
12. Food for Babies and Pets



Must Do's:

1. Label your Emergency Bag
2. Make a list of people who live at the premises.
3. Document of people laminated to pin on door when leave
4. Make A Plan - Have an 'Evacuation Plan' in place
5. Always make sure your car is always at least half full
6. Always a First Aid Kit in the car
7. Copy of Documents: *Prescriptions* *Passport*
Drivers Licence *Proof of Address* *Insurances*
Passwords (store in cloud)



Last Minute Do's and Grab:

1. Reading Glasses - Hearing Aids – Contact Lens
2. Mobile Phones
3. Keys for House & vehicle
4. Pin Note to Door



Suggestions:

Have a plastic bucket in your car with the necessary items in case of an emergency with the following items in case you are caught in a disaster while away from your home.

1. First Aid Kit



Get Your Household Ready

It's up to you to make sure your household knows what to do and that you all have what you need to get through.

Follow these easy steps to get your household ready.

You can link through Google getready.govt.nz/en/prepared/household for more information



Talk about the impacts



Make a plan



Stay informed



Work out what supplies you need



Tailor your plan



Make your home safer

MAKE A PLAN



NEVER HAPPENS?
HAPPENS

GET READY
GET THRU



MY HOUSEHOLD PLAN

Your household members details

Name:	Telephone Number:
Name:	Telephone Number:
Name:	Telephone Number:

IF WE CAN'T GET HOME

Our meeting place: Where will we meet if we can't get home (local and out of town)?

Add an address and instructions:

Who will pick up the kids? If you are not able to pick the kids up, who will?

Name:	Telephone Number:
Name:	Telephone Number:

IF WE CAN'T GET HOLD OF EACH OTHER

We will leave a message with: Who will we check in with (someone out of town in case local phone lines are down)?

Name:	Telephone Number:
Name:	Telephone Number:

Where to get updates: How will we find the latest news/alerts (which radio stations, websites, social media pages)?

Radio station/websites/social media:

WHO MIGHT NEED OUR HELP?

Think about friends and neighbours who may need our help or who can help us

Name:	Telephone Number:
Name:	Telephone Number:

WHO WILL WE NEED TO CONTACT? (ALWAYS DIAL 1 1 1 IN AN EMERGENCY)

Think about council emergency hotline, medical centre/doctor, landlord, insurance company, power company, day care/school, work, family members

Emergency Services

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Name:

Telephone Number:

IF WE ARE STUCK AT HOME

Do we have emergency supplies? Food and drink for three days or more (for everyone including babies and pets)? Torches and radio with batteries? First aid/medical supplies? They don't all need to be in one big box, but you may have to find them in the car. Do we know how to turn off water, power and gas.

Make detailed notes on where these items are stored:

Details on how to turn the water and gas off:

IF WE HAVE NO POWER

How will we cook, stay warm, see at night? Do we have spare cash in case ATMs are not working? Do we have enough fuel in case petrol pumps are not working?

Make notes on what you and your family need to do:

IF WE HAVE NO WATER

Do we have enough drinking water (3 litres per person per day for 3 days or more), change every 12 months. What will we cook and clean with? What will we use for a toilet?

What will you do? How have you prepared?

IF WE HAVE TO LEAVE IN A HURRY

Do we have Getaway kits* for everyone? At home, at work, in the car?
* A small bag with warm clothes, torch, radio, first aid kit, snack food and water, to get you to your safe place.

Detail where you have stored your getaway kits: