

# Design an Emergency Kit **Teacher Guidance**

**The following are emergency survival items that should be included:**

- torch with extra batteries or a self-charge torch
- radio with extra batteries
- waterproof and windproof clothing, as well as sunhats
- first aid kit
- family medications
- sleeping equipment, such as blankets or sleeping bags
- supplies for your pets
- supplies that can be used as an emergency toilet, such as black bin bags, including toilet paper
- face masks for dust

**There needs to be enough food for three days or more:**

- non-perishable food, this is canned or dried food, as well as a can opener
- food, drinks and formula for babies and toddlers
- three litres of water per person per day of drinking water
- water for cooking and washing
- gas barbeque or primus to cook on

It is suggested that a two-week supply of food and water is stored for extended emergencies. Food and water should be checked and replaced every twelve months. Batteries should be replaced every three months.

## **Evacuation Survival Kits**

**Everyone in the household should have an evacuation survival kit which includes the following:**

- torch and radio with extra batteries
- any personal items, such as glasses
- water and food
- first aid and personal medication
- baby and toddler food, nappies and clothes
- change of clothes
- personal toiletries
- sleeping equipment, such as blankets or sleeping bag
- pet supplies
- face masks
- important documentation, such as personal identification, insurance and bank information, family photos