

# Developing an Emergency Kit

During an emergency you may need to get by without power, gas or water. If you had to leave your home, would you be able to quickly pack the essential items for an over night stay? An Emergency Kit is a box of essential items you can quickly locate and grab should you need to leave.

The contents will vary according to your needs, but consider:

• A list of important contact details	
• Copies of important documents (insurance details etc.)	
• First aid kit	
• Torch and spare batteries or wind-up torch	
• Radio and spare batteries or wind-up radio	
• Details of prescription medication	
• Mobile phone charger, or power bank	
• Spare glasses or contact lenses	
• Basic toiletries (toothbrush & toothpaste, soap etc.)	
• Pencil/pen and notepaper	
• Spare keys to home & car	
• Dried or canned food and a tin opener	
• Supplies for babies or small children	
• Supplies for pets	
• Copy of your Household Emergency Plan	



Don't forget your Emergency Kit will need to be kept in a place where everyone at home can access it, and it needs to be checked every 6 months!



Know the risks, be informed, get prepared!

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