

GET READY



Get prepared for an emergency with these handy shopping lists.

These lists have everything you need to put together your emergency preparedness kits. Make it a fun activity with your whānau/household to get your kits together now, so your ready for when an emergency strikes.

In this document, you'll find lists for:

- A family home kit
- A general home kit
- A car kit
- A work kit
- A personal 'go bag'

Print out whatever lists you need, and however many you need of each. Pop each list in with the kit once they're ready.

Handy tip: print out the front and back page of each list - the back page has space for contact info, and room to write down your local Civil Defence radio stations. These are listed on our website and available in a separate print-out at www.horizons.govt.nz/flood-emergency-management/civil-defence-in-our-region

The _____ Family name _____ family's home kit

Use the 'Make a Plan' template on getready.govt.nz along with these shopping lists to get your home prepared with all the emergency supplies you need.

The essentials:

☐

A waterproof storage box

To store your kit items.

☐

Long-lasting food (at least 3 days worth)

Opt for foods that don't need to be heated, unless you have a gas camping stove or gas BBQ. Make sure you have **at least 3 days worth of food for your whole family, including kids & pets.**

☐

Bottled water (at least 3 days worth)

Store water in empty plastic fizzy drink bottles. Keep **at least nine litres per day for each person in your house.**

☐

Medicines

Any essential medicines needed for anyone in your household. It's also handy to have a supply of **generic medicines like painkillers** and a **first aid kit** on hand too.

☐

Cash

When electronic banking is down, cash becomes the only method of payment.

☐

Toilet paper and plastic buckets

For an emergency toilet.

☐

Health safety gear

P2 or N95 masks, work gloves and hand sanitiser.

☐

FM radio

Plus **spare batteries.**

☐

Torch

Plus **spare batteries.**

Perishable items last replaced:

___/202__ | ___/202__

___/202__ | ___/202__

Where is this kit stored?

REMEMBER: In an emergency where there is immediate risk to life or property, call 111.

Important info

Emergency contacts:

Name: _____ Ph: _____

Address: _____

Name: _____ Ph: _____

Address: _____

Name: _____ Ph: _____

Address: _____

Name: _____ Ph: _____

Address: _____

Name: _____ Ph: _____

Address: _____

Civil Defence radio stations in my area:

Station: _____ Frequency: _____

Station: _____ Frequency: _____

Station: _____ Frequency: _____

Station: _____ Frequency: _____

RNZ National operates country-wide. **RNZ 101.0FM** (or slightly tuned up a few points depending on where you are) is the general frequency for the whole Horizons Region.

Your name _____

's home kit

Use the 'Make a Plan' template on getready.govt.nz along with these shopping lists to get your home prepared with all the emergency supplies you need.

The essentials:

- ☐ **A waterproof storage box**
To store your kit items.
- ☐ **Long-lasting food (at least 3 days worth)**
Opt for foods that don't need to be heated, unless you have a gas camping stove or gas BBQ. Make sure you have **at least 3 days worth of food for your whole family, including kids & pets.**
- ☐ **Bottled water (at least 3 days worth)**
Store water in empty plastic fizzy drink bottles. Keep **at least nine litres per day for each person in your house.**
- ☐ **Medication**
Essential medication needed for anyone in your household. It's also handy to **have a supply of generic medication like painkillers and a first aid kit on hand too.**
- ☐ **Cash**
When electronic banking is down, cash becomes the only method of payment.
- ☐ **Toilet paper and plastic buckets**
For an emergency toilet.
- ☐ **Health safety gear**
P2 or N95 masks, work gloves and hand sanitiser.
- ☐ **FM radio**
Plus spare batteries.
- ☐ **Torch**
Plus spare batteries.

Perishable items last replaced:

___/202__ | ___/202__

___/202__ | ___/202__

Where is this kit stored?

REMEMBER: In an emergency where there is immediate risk to life or property, call 111.

Important info

Emergency contacts:

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Name: _____ Ph: _____

Address: _____

Name: _____ Ph: _____

Address: _____

Name: _____ Ph: _____

Address: _____

Name: _____ Ph: _____

Address: _____

Civil Defence radio stations in my area:

Station: _____ Frequency: _____

Station: _____ Frequency: _____

Station: _____ Frequency: _____

Station: _____ Frequency: _____

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Your name _____'s car kit

Check out getready.govt.nz for more information and resources.

The essentials:

☐

A backpack or carry bag

To store your kit items.

☐

A pair of walking shoes

Make sure they're comfortable and in good condition, plus a **spare pair of socks**.

☐

Snack foods

☐

Bottled water

☐

Cash

☐

Medication

Any essential medicines you need. A **first aid kit** is also a great idea.

☐

Phone charger cord

Plus a **wall plug**. A **portable charging bank** is handy too, if you have one.

☐

Torch

Plus **spare batteries**.

If you're driving in extreme winter conditions, add:

☐

A brush

☐

Windshield scraper

☐

A shovel

☐

Warm clothing

Including **hat, gloves, waterproof jacket and over-trousers**.

☐

Tire chains

Perishable items last replaced: ___/202___ | ___/202___

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Important info

Emergency contacts:

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Address: _____

Name: _____ Ph: _____

Address: _____

Name: _____ Ph: _____

Address: _____

Name: _____ Ph: _____

Address: _____

Name: _____ Ph: _____

Address: _____

Civil Defence radio stations in my area:

Station: _____ Frequency: _____

Station: _____ Frequency: _____

Station: _____ Frequency: _____

Station: _____ Frequency: _____

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Your name _____'s work kit

Check out getready.govt.nz for more information and resources.

The essentials:

- ☐ **Backpack or carry bag**
To store your kit items.
- ☐ **Snack foods**
- ☐ **Bottled water**
- ☐ **Medication**
Any essential medicines you need.
- ☐ **Cash**
When electronic banking is down, cash becomes the only method of payment.
- ☐ **Walking shoes**
Comfortable and sturdy shoes, plus a **spare pair of socks**.
- ☐ **Waterproof jacket**
- ☐ **Torch**
Plus **spare batteries**.

Perishable items last replaced: ___/202___ | ___/202___

REMEMBER: In an emergency where there is immediate risk to life or property, call 111.

Important info

Emergency contacts:

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Civil Defence radio stations in my area:

Station: _____ Frequency: _____

Station: _____ Frequency: _____

Station: _____ Frequency: _____

Station: _____ Frequency: _____

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Your name _____'s go bag

Each person in your whānau/household should have their own go bag with the essentials listed below. Don't forget to include items for **babies and pets too**.

The essentials:

- ☐ **Backpack or carry bag**
To store your kit items.
- ☐ **Snack foods**
- ☐ **Bottled water**
- ☐ **Portable phone charger**
Plus a **charging cord**. Check it regularly and charge it up when needed.
- ☐ **Cash**
When electronic banking is down, cash becomes the only method of payment.
- ☐ **Copies of important documents and photo ID**
- ☐ **Hand sanitiser**
Include some **face masks** too.
- ☐ **Change of clothing**
Warm clothing, plus a **raincoat/waterproof jacket** and **hat**.
- ☐ **Walking shoes**
Comfortable and sturdy shoes, plus a **spare pair of socks**.

Remember any medications you might need and keep your **first aid kit, torch, radio** and **batteries** somewhere you can **grab them in a hurry**.

If you have **special dietary needs**, make sure you have the food you need in your go bag too.

Perishable items last replaced:
___/202__ | ___/202__

Where is this kit stored?

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Important info

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