

# MY GET READY SHOPPING LIST

In a major disaster we may have to cope on our own for three days or more.

## Emergency items we need for our home:

- Torches
- Portable battery powered radio
- Batteries for torch and radio
- Non-perishable food (enough for 3 days at least)
  - canned food
  - dried food
  - long-life milk
  - special dietary requirements
- Can opener (manual)
- Water storage bottles
- Plastic storage containers and plastic bags
- Emergency toilet
  - Plastic pail,
  - Toilet paper
  - large rubbish bags
- First aid kit or items to top up kit
- Essential medicines
- Wind and waterproof clothing
- Sun hats, sunscreen, insect repellent
- Strong outdoor shoes (for home and to keep at work)
- Blankets or sleeping bags
- Face and dust masks
- Primus or gas barbeque
- Baby's emergency items
  - Food, formula and drink
  - Change of clothing and nappies
- Pet supplies
- Getaway bag (a bag that can hold essential items if you have to leave in a hurry – toiletries, change of clothing, important documents and photos)

Other items we may need

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Find out how to get ready at [www.getthru.govt.nz](http://www.getthru.govt.nz)

