

# INDIVIDUAL EMERGENCY PREPAREDNESS BAG GUIDE



## ITEMS TO PACK

1



3L of drinkable water

2



Photocopies of important documents - such as identification card, passport, medical records, land grants, and emergency contacts list - in a water-resistant folder

3



Foods that are non-perishable and do not require cooking, such as biscuits and canned fish or meat

4



Basic hygiene kit, including shampoo, toothbrush, toothpaste, soap bars, nail clipper, hair comb, and face towels

5



A set of clean clothes, including undergarments

6



Blanket or something to protect you from the cold, especially at night. A sarong or space blanket can also be useful!

7



FM Radio. Phone lines are usually down during disasters. Radios can provide information on relief distribution and any possible harm in the area

8



Torchlight

9



Batteries for radio and torchlight

10



Multipurpose knife

11



Cash

### Additional items to consider

For women

Sanitary pads

Elderly

Cane, medications, adult diapers

Children

Toys or books to keep them entertained

Special needs

Hearing aids, glasses, assistive equipment, medications

Babies/Toddlers

Diapers, milk powder, extra clothes to keep them warm

Packing an emergency preparedness bag is a simple measure everyone can take

In this guide, we recommend basic items and considerations when preparing your bag

Emergency preparedness is most effective when it is customised to your individual needs, so be creative with your emergency preparedness bag. Just don't forget to be practical!

## During a disaster, the items in the bag should keep us

- 1 Alive
- 2 Healthy
- 3 Informed

for **3 days**

---

## Why 3 days?

3 days is the average time for emergency relief to reach disaster survivors

---

## We suggest a backpack because it is

- 1 Easy to carry
  - 2 Keeps us mobile
  - 3 Big enough to hold supplies sufficient for 3 days
- 

## Items should remain packed in your emergency preparedness bag

Any items that are removed must be replaced soonest possible

---

## Where should I keep the emergency preparedness bag?

It should be kept where it is safe, accessible and known to all members of a household

---

## Check your emergency preparedness bag every year and before seasonal disasters (such as floods)

This will ensure that the contents are **fully functional and not expired**