

EMERGENCY KITS:

An **Emergency Survival kit** is what you need if disaster strikes at home and you have to manage on your own at home without power, water, sewerage etc. It is different from an **Emergency Evacuation Kit**. Your Emergency Survival Kit should be kept in a large box somewhere in your house. Every member should know where it is. *You should also keep your **household emergency plan** in this box.* (see www.getthrough.govt.nz for a copy of this plan).

I have found the Get Through web site useful, but lacking in specific detail for Survival and evacuation kits.

EMERGENCY SURVIVAL KIT			
ESSENTIAL ITEMS - MUST HAVE'S	torch and spare batteries	Whistle to attract attention (saves you yelling)	Duct tape to tape up windows etc
	First aid kit	Face & dust masks	Pocket knife
	Radio with spare batteries (or Katmandu sells wind up models with a torch also)	tin opener	Cash and cheque book (cash should be in small denominations, as much as possible in case EFTPOS machines don't work)
	Toilet paper and large plastic rubbish bags for your emergency toilet	pens and paper and pencils	matches for cooking fire or gas cooker with gas can (cheap from Bunnings)
FOOD	Enough for a family of 4 - 5 for 3 days		
BREAKFAST	BREAKFAST: 1 lg pkt rolled oats (breakfast) 1 small pkt brown sugar 1 kg pkt milk powder		
LUNCH	LUNCH: Maggie dried soup (6 pkts) or tinned if preferred / if you have space 5 pkts 2 minute noodles (add noodles to soup for extra flavour / content) Small Jar of marmite / jam 3 pkts cracker type biscuits (the healthy ones e.g. Huntly Palmers Litebread) 3 bars of chocolate Long life cheddar / processed cheese		
DINNER	DINNER: 3 tins Edgels tiny tatties (tinned potatoes) 3 tins green veges (e.g. peas, beans) 3 tins corn 3 tins mixed beans (protein) 1 x Jar of olives / pickles (luxury, but nice) 3 pkts sweet biscuits (e.g. chocolate or some other "comfort" food) Packet of corn chips & dip		
WATER	<i>Here's my essentials:</i> ★1 large drink bottle per family member ★1 hand held water filter (available from camping stores) ★1 pkt water purification tablets (available from camping stores) ★5 x 1.25 litre bottles (e.g. cola bottles) of frozen water in the freezer ★1 x 20 litre water container (to be filled up by water delivery trucks). If no one in your family is strong enough to carry this then make it 2 x 10 litre containers		

EMERGENCY EVACUATION KIT

This is different to a survival kit. A survival kit is to help you survive in your own home if disaster strikes (like in the Canterbury earthquakes where a home is still livable). An emergency evacuation kit is **for when you must abandon your home** (e.g home is unsafe to live in, volcano threat, Tsunami threat, Cyclone, etc.) If you have to leave home, what should you pack in your car / on your back? Here are my ideas for how to be the best prepared survivor. I'd assume that you'll be away 7 - 10 days minimum, possibly months depending upon the disaster. In most cases civil defense will provide evacuation shelters for people, but these are not always ideal, so we've provided ideas that you can use to survive on your own if you so choose. **Some of these can be purchased in advance and stored with or next to your emergency survival kit.**

Essential items	CLOTHES (per person)	Luxury items
★ Your entire survival kit	<ul style="list-style-type: none"> ◆ 2 underwear ◆ 2 singlets ◆ 2 socks ◆ 2 t-shirts ◆ 1 trousers ◆ 1 shorts ◆ 1 jumper ◆ 1 jacket ◆ 1 raincoat ◆ 1 pair walking shoes ◆ if winter: gloves, hat scarf ◆ <p><i>Pack these in plastic bags to minimize the chance of them getting wet. Glad's large seal bags are fantastic for this but supermarket bags will at least help.</i></p>	<ul style="list-style-type: none"> ➡ Solar shower (great to use while camping too, but means you can have a warm(ish) shower when the power is out) - Can be purchased from camping stores
★ Janola - for cleaning the water and disinfecting surfaces (see website getthrough.govt.nz for information of how to use this)		<ul style="list-style-type: none"> ➡ Camping toilet (available from camping stores)
★ Hand held water filter - saves a lot of boiling	Useful items	<ul style="list-style-type: none"> ➡ USB portable internet connection for cell phone / laptop / ipad etc
★ Pocket knife / Swiss Army knife (their "camping" model has everything you'd need)	<ul style="list-style-type: none"> ❖ Back pack per person (both day packs and tramping packs for adults) 	<ul style="list-style-type: none"> ➡ Mobile phone charger / Battery charger for above
★ Multi vitamin tablets - to keep you healthy and vital	<ul style="list-style-type: none"> ❖ Camera & video camera (you may wish to record your experiences) 	<ul style="list-style-type: none"> ➡ Photo albums / negatives or DVD's of digital photos
★ Charcoal tablets (every person should take one each meal to absorb any poisons / toxins that may enter the body) - available from chemist / health food shops	<ul style="list-style-type: none"> ❖ Sunscreen 	<ul style="list-style-type: none"> ➡ Pack of cards to play
★ Sanitary items (e.g. tampons, pads)	<ul style="list-style-type: none"> ❖ Insect repellent 	<ul style="list-style-type: none"> ➡ Board game or two - it can be pretty boring in a refuge shelter

★ Duct tape - very useful for taping up broken windows and other equipment	❖ Inflatable mattress (a good night's sleep is worth a lot)	➡ Children's favourite toy e.g. hotwheels cars, barbie doll etc.
★ Sunlight soap (Pkt of 5 in a bar) - good for washing clothes, hands and dishes	❖ Buggy and / or back pack / front pack for young children	➡ Ball for kicking around and having some light relief
★ Alcohol hand sanitizer	❖ Children's favourite blankie / pacifier (everyone in the shelter will thank you for bringing this when they get a better sleep at night)	➡ Your actual computer hard drive (you can remove it with a screw driver to save you taking your entire machine)
★ Solar powered torch / lights (from Ikea for about \$10 Australian, or The Warehouse)	❖ Battery charger for cell phone	➡ Gas stove (can purchase from camping store)
★ Hand sanitizer	❖ Instant battery top up charger (available from cell phone shops)	➡ 2 cooking pots (cast iron for fire cooking is ideal)
★ Anti-diarrhea tablets	❖ Deodorant	➡ Family valuables: jewelry, family heirlooms (best to wear them rather than carry them in case of theft)
★ Water purification tablets (from camping stores)	❖ Hair brush / comb	➡ Tent (sometimes it can be safer in a field than a building, and more private too, if you like that)
★ Medicines - e.g asthma inhalers, tablets, antihistamines, panadol, coldrex, anti-itch cream (insect bites), antiseptic cream	❖ Bicycle (great for short trips - saves petrol which could be in short supply)	➡ A good book or two (you'll be so popular being able to share / swap books)
★ Toothpaste & brush	❖ Bible - people usually want to know God and be closer to God in tough times	➡ spade to dig a toilet
★ IRD #	❖ Leather or other strong gloves (for that hard physical work)	➡ Bag of lime to add to toilet wast - helps keep the smell at bay
★ Birth & Marriage certificates		
★ Passports	FOOD:	
★ Your wallet and any cash you can find	✓ Corn chips & dip	✓ Nuts & dried fruit
★ Drivers license	✓ Salt	✓ Dried mashed potato
★ Sleeping bags	✓ Herbs & spices (e.g herb salt, soy sauce)	✓ Dried mixed vegetables

★ Pillows	✓ Peanut butter	✓ Chocolate bars
★ ID for each child: write your child's name & your cell phone number in a permanent marker pen on their arm or attach a tag around their neck or stick it to their back etc. in case they get lost	✓ Marmite	✓ Juice concentrate
	✓ Jam	✓ Milk powder
Emergency ACTIONS:	✓ Honey	✓ Quick precooked rice (e.g. Uncle Ben's 2 minute rice)
☒ Fill all baths / sinks with water (remember the plug) - this will be a great extra supply	✓ Packets of biscuits	✓ Juice concentrate
☒ Turn off all water, gas and electricity (prevent fires and other accidents)	✓ Bag of lollies for the kids	
☒ Tape up windows (in case of strong winds, smoke, ash, breaking windows)	✓ Tinned food	
☒ Put your strong walking shoes on (keep you safe from injury)	✓ <i>You may also wish to pack plastic / tin plates & cutlery</i>	
☒ If possible ensure your petrol tanks and gas cylinders are full		

A friend of mine who is well prepared for serious emergencies says to have a collection of vegetable seeds so you can grow your own food if you are away from home for 3 months or more. Not a bad idea, but you have to decide what degree of emergency you personally want to be prepared for.

Fast growing vegetables (mature in approx 6 weeks or less) include:

Water cress - about 6 days
 alfalfa sprouts (or any other sprouting seed - very nutritious) - about 6 days
 lettuce
 mustard greens
 oriental greens
 radish
 scallions
 spinach
 turnip
 parsley

6 - 8 weeks:

Sweet corn, cucumbers, squash (in summer)
 lettuce, broccoli, burssel sprouts, cabbage, cauliflower, tomatoes (all need to be in full sun & rich soil)