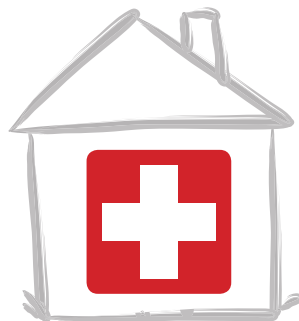


# EMERGENCY KIT

## FOR THE HOME

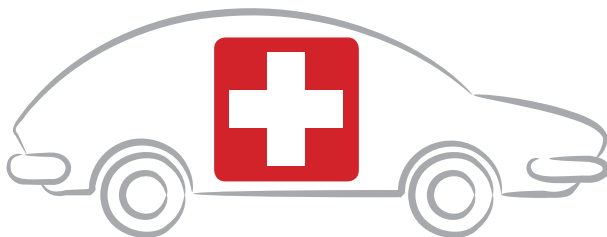
Use the check list below to ensure you have all the items you are likely to need if you and your family are faced with an emergency:



- Torch / Light Sticks
- Batteries
- Portable radio (wind-up preferable)
- Mobile phone (with charger)
- First-aid kit with essential prescription / medication / repeat prescription form
- Bottled water (check use-by date)
- Tinned or other long life food items and energy / cereal bars
- Blankets and warm clothes
- Wash kit and essential toiletries (including toilet paper, wet wipes, soap and antibacterial wipes / spray)
- Children's essentials (milk, baby food, sterilised bottles and spoons, nappies, wipes, nappy bags, clothing, comforter, teddy or other toy)
- Insurance and other important documents
- Pad and pencil
- Insurance emergency helpline, local council and emergency services numbers, local radio frequencies
- Camera to record damage for insurance purposes
- Emergency cash (Notes / Coins)
- Basic tools (screw drivers, adjustable spanner, hammer). Additional items eg; Wellington boots, waterproof clothing, bucket, disinfectant, rubber gloves, cloths / rags, playing cards, tin opener.

# EMERGENCY KIT

## FOR THE CAR



It is advisable to carry a basic survival kit in your car to accommodate situations such as:

- A break down where you need to wait several hours for assistance or;
- Having to spend the night in your car due to bad weather closing main roads.

Items to carry in your car could include;

- Torch / Light Sticks
- Batteries
- Jump leads
- Warning triangle
- Tow rope
- Fire Extinguisher
- Portable radio (wind-up preferable)
- Mobile phone and charger
- First-aid kit
- Bottled water (check use-by date)
- Energy / cereal bars
- Blanket
- Antibacterial wipes / spray
- Pad and pencil
- Emergency cash (Notes / Coins)
- Basic tools (screw drivers, adjustable spanner, hammer).

It is advisable to try and maintain a minimum of half a tank of fuel at all times.