

Preparedness Supplies

What supplies should you keep at home in case of disruptions?

Coping with disruptions is easier when you have the right supplies at home. Use the list to check if you already have everything you need!

The home emergency supply kit includes:

- Water containers (clean, fitted with lids)
- Bottled water (minimum 5 litres per person)
- Food that is easy to prepare and suitable for all family members
- Food and water for pets
- Battery-powered radio
- Battery-powered torch
- Batteries
- Charged power bank for your mobile phone, for example
- Portable stove, fuel and matches
- Small amount of cash
- Essential medicines
- Iodine tablets
- Plastic bags and toilet paper
- Hygiene items (for example, wet wipes and hand sanitiser)
- First aid supplies
- Firewood, if you have a fireplace or wood-burning stove
- Smoke alarm
- Hand-held extinguisher/Fire blanket
- Duct tape

