

18pt

**Work out what
supplies you need**

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Notes for the Large Print Reader

Print page numbers are indicated as:

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Main text is in Arial typeface, 18 point.

Headings are indicated as:

Heading 1

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Omissions and alterations

Some page layouts have been edited for clarity.

Work out what supplies you need

In an emergency, you may be stuck at home for three days or more. Figure out what supplies you need and make a plan to work out what you need to get through.

At home

You probably have most of the things you need already. You don't have to have them all in one place, but you might have to find them in a hurry and/or in the dark.

- Water for three days or more—make sure you have at least nine litres of water for every person. This will be enough for drinking and basic hygiene.
- Long-lasting food that doesn't need cooking (unless you have a camping stove or gas barbecue) and food for babies and pets.
- Toilet paper and large plastic buckets for an emergency toilet.
- Work gloves and a properly-fitted P2 or N95 mask.

If you have special dietary needs, make sure you have enough to last three days at home. As well as in a grab bag. If you have to evacuate, emergency shelters may not have the food that you need.

Don't forget that you and your neighbours can help each other by sharing supplies too.

By looking after yourself and your household, you'll also be helping emergency services focus their limited resources on the people who need the most help.

In a disaster, you may not be able to use your normal toilet if sewerage lines are broken or damaged. Find instructions on how to make and use an emergency toilet at

<https://wremo.nz/get-ready/home-ready/emergency-toilets/>

In a grab bag

Have grab bags ready for everyone in your family. Each bag should have:

- Walking shoes, warm clothes, raincoat and hat
- Water and snack food (remember babies and pets too)
- Hand sanitiser
- Portable phone charger
- Cash
- Copies of important documents and photo ID

Remember any medications you might need and keep your first aid kit, mask or face covering, torch, radio and batteries somewhere you can grab them in a hurry.

If you have special dietary needs, make sure you have the food you need in your grab bag too.

In your car

Plan ahead for what you will do if you are in your car when an emergency happens. A flood, snow storm or major traffic accident could leave you stranded in your vehicle for some time.

Keep essential emergency survival items in your car. If you are driving in extreme winter conditions, add:

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- a brush
- a shovel
- tire chains
- windshield scrapers, and
- warm clothing.

Store a pair of walking shoes, a waterproof jacket, essential medicines, snack food, water, a phone charger lead and a torch in your car.

Keep up to date with weather and road information when planning travel.

Keep up to date with MetService weather forecasts at <https://www.metservice.com/national>

Plan your route with live traffic and travel information at <https://www.nzta.govt.nz/traffic-and-travel-information/>

At work

Make sure you have supplies at work including sturdy walking shoes, a waterproof jacket, a torch, snack food and water. Connect with those who live in the same area and you can work together to get home during an emergency.