



# 72-Hour Emergency Kit Australia Guide

What to Pack for Bushfires, Floods and Storms

## EMERGENCY PREPAREDNESS

Be ready for unexpected emergencies. Use this comprehensive checklist to build and maintain a 72-hour emergency kit for bushfires, floods, storms, after disasters.

### ■ WATER & FOOD

- Minimum 3 litres of water per person per day (72 hours)
- Non-perishable food (canned goods, energy bars, dried fruit, etc.)
- Manual can opener
- Disposable plates, cups, utensils

### ■ FIRST AID & MEDICATIONS

- Comprehensive first aid kit
- Prescription medications (3-day supply) & copies of prescriptions
- Painkillers (ibuprofen, paracetamol)
- Personal medications (antihistamines, asthma inhaler, etc.)
- Hand sanitizer

### ■ EMERGENCY GEAR

- Battery-powered or hand-crank radio
- Flashlight with spare batteries
- Power bank to recharge phones
- Whistle to signal for help
- Mobile phone charger
- Solar charger if possible
- Waterproof matches or lighter

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### ■ PERSONAL ITEMS

- Sturdy shoes and spare clothing
- Warm blankets or sleeping bags
- Rain poncho
- Personal hygiene items (toothbrush, soap, sanitary items, etc.)
- Face masks (for smoke or dust)
- Sunscreen & insect repellent
- Notepad, pen, playing cards for morale
- Supplies for infants, elderly, or pets as needed

### ■ LOCAL PREPAREDNESS

- ✓ Know your local emergency contacts evacuation routes & the red alert locations.
- ✓ Stay informed via battery powered radio, emergency app or local news.
- ✓ Be aware of specific risks in your area (bushfire zones, flood plans, etc.)

## WHO TO CALL IN AN EMERGENCY

**DIAL 000** for Police, Fire or Ambulance

**FIRERESCUE.COM.AU**

**BE READY, BE SAFE.**

