

## PERSONAL RESILIENCE – PREPARATION CHECKLISTS AND HOUSEHOLD PLANS

### HOUSEHOLD EMERGENCY SUPPLY CHECKLIST

Resource	Recommendation
<b>Water</b>	Water for three days or more - make sure you have at least nine litres of water for every person. <input type="checkbox"/>
<b>Food</b>	At least three days of food that doesn't need cooking (unless you have a camping stove or BBQ), food/formula for babies and pet food. Consider whether you need to pack a can opener, knife or scissors. <input type="checkbox"/>
<b>Torch and battery-powered lighting</b>	Torch and batteries. Battery powered lighting is the safest and easiest. <ul style="list-style-type: none"> <li>Do not use candles as they can tip over in a gust of wind or in earthquake aftershocks and start a fire.</li> <li>Do not use kerosene lamps, they need a lot of ventilation and are not designed for indoor use.</li> </ul> <i>Batteries need to be checked and replaced regularly.</i> <input type="checkbox"/>
<b>Radio</b>	A solar- or battery-powered radio, so you can keep up with the latest news and alerts. In an emergency you can also use your car radio. <input type="checkbox"/>
<b>Bucket with lid and toilet paper</b>	As a makeshift toilet. <input type="checkbox"/>
<b>Protective Clothing</b>	Dust masks and work gloves, to protect yourself. Windproof and waterproof clothing. <input type="checkbox"/>
<b>Fire extinguisher</b>	A small fire extinguisher. For advice on fire extinguishers and how to use them, visit: <a href="http://www.fireandemergency.nz/at-home/fire-extinguishers">www.fireandemergency.nz/at-home/fire-extinguishers</a> <input type="checkbox"/>
<b>Blankets</b>	Blankets or sleeping bags. <input type="checkbox"/>
<b>Pet supplies</b>	For information about preparing and planning for your animals (livestock, lifestyle block, <input type="checkbox"/>

	horse and pets) in an emergency, visit: <a href="http://www.mpi.govt.nz/animals-in-emergencies">www.mpi.govt.nz/animals-in-emergencies</a>
<b>Medical equipment</b>	<ul style="list-style-type: none"> <li>• First aid kit</li> <li>• Essential medications</li> <li>• Medical equipment such as hearing aids, oxygen, glasses or mobility aids.</li> </ul> <input type="checkbox"/>
<b>OPTIONAL</b>	<ul style="list-style-type: none"> <li>• Solar powered phone charger</li> </ul> <input type="checkbox"/>

*Check and replace food and water every twelve months. Consider stocking a two-week supply of food and water for prolonged emergencies such as a pandemic.*

## GRAB BAG CHECKLIST

Basic supplies to have in a grab bag in case you have to evacuate:

Resource	Notes
Torch and batteries	
Radio (solar, wind-up or battery powered)	
Hand sanitiser	
Cash	
Copies of important documents	
Walking shoes, warm clothes, raincoat and hat	
First aid kit and prescription medication	
Water and snack foods (remember babies and pets)	
Toiletries	
Supplies specific to your household such as: <ul style="list-style-type: none"> <li>• A spare pair of glasses.</li> <li>• Leads/collars for pets.</li> <li>• Toys for children.</li> </ul>	

For more information:

<https://getready.govt.nz/en/prepared/household/supplies/>

## HOUSEHOLD EMERGENCY PLAN

<b>Your address:</b>			
Name:		Phone #:	
Name:		Phone #:	
Name:		Phone #:	
Name:		Phone #:	
Name:		Phone #:	

**If we can't get home or contact one another, we will meet or leave messages at:**

--

<b>If we have to evacuate we will:</b>	<b>Our emergency grab bags are stored:</b>
<input type="checkbox"/> Take our getaway kit <input type="checkbox"/> Turn off electricity and water <input type="checkbox"/> Turn off gas only if we suspect a leak or are asked to by authorities <input type="checkbox"/> Take our pets with us	

**In the event of an evacuation from a flood or tsunami, our route will be:**  
*(You should practice leaving via your safest evacuation routes to your pre-organised place of safety)*

--



--

**In the event of an evacuation, these friends or neighbours may need our help:**

Name	
Address	
Phone #	

Name	
Address	
Phone #	

Name	
Address	
Phone #	

**Who is responsible for maintaining our emergency supplies?**

Food and water will need to be checked and replenished on: (1 year from date of packing)	

**Notes:**

--



## IMPORTANT CONTACTS

<b>Call 111 for any risk to life or property Call 105 for non-emergency Auckland Council (09) 301 0101</b>	
<b>Local Police station</b>	
<b>Vector (power outages)</b>	0508 832 867 <a href="https://vector.co.nz/">https://vector.co.nz/</a>
<b>Local Hospital</b>	
<b>Healthline</b>	0800 611 116
<b>Watercare</b>	09 442 2222 <a href="https://www.watercare.co.nz/">https://www.watercare.co.nz/</a>
<b>Waka Kotahi: New Zealand Transport Agency</b>	0800 4 HIGHWAYS (0800 44 44 49) <a href="https://vector.co.nz/">https://vector.co.nz/</a>
<b>MetService</b>	<a href="https://www.metservice.com/">https://www.metservice.com/</a>
<b>My Emergency Phone Numbers</b>	
<b>Doctor</b>	
<b>Dentist</b>	
<b>Chemist</b>	
<b>School/Pre-school</b>	
<b>Vet</b>	
<b>Your power provider</b>	
<b>Your internet provider</b>	
<b>Local builder(s)</b>	
<b>Local electrician(s)</b>	
<b>Local plumber(s)</b>	
<b>Neighbours</b>	
<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	