

# Emergency Checklist for families with babies & toddlers

Items you may need if you are without mains water or power



## General items for babies and toddlers



- Nappies (36)
- Nappy sacks (36)
- Baby wipes (100)
- Nappy rash cream.

(suggested quantities for three days)



- Blankets or wraps
- Baby sling
- Pram or bedding
- Clothes.



- Books, games, soft toys
- Medications
- Dummies if needed.



- Baby wash, lotion, small towel, bottled water
- Hand wipes and sanitiser
- Soap and paper towel
- Re-sealable plastic bags for dirty clothes.



**Identification information for each child in case you are separated.**

## Breastmilk is the safest infant feeding option in an emergency

Breastmilk protects babies from diarrhoea and other infections. Breastmilk is hygienic, needs no electricity and calms babies during traumatic situations. It is possible to make plenty of breastmilk even under stressful conditions. For more information: <https://www.breastfeeding.asn.au/resources/feed-baby-emergency>

### For breastfed babies

- Water for mother to drink.

### For babies fed expressed breastmilk

- Water for mother to drink
- Single use cups or bottles and teats OR
- Enough bottles and teats for one per feed (washed, sterilised and sealed in individual zip lock bags)
- Hand sanitiser
- Surface wipes and paper towel
- Storage container with sealing lid (use underside of lid as preparation area)
- Optional: battery-operated breast pump and spare batteries.

### For babies fed formula

- Unopened tin(s) of infant formula
- Bottles of still drinking water for making formula (see note below)
- Single use bottles and teats OR
- Enough bottles and teats for one per feed (washed, sterilised and sealed in individual zip lock bags) OR
- Ready-to-use liquid infant formula and teats
- Hand sanitiser
- Surface wipes
- Paper towel
- Storage container with sealing lid (use underside of lid as preparation area).

### For children eating solid foods



- Single use bowls and spoons
- Jars or pouches of baby foods
- Bottled drinking water (see note)
- Zip lock bags and baby wipes.

If possible, **boil and cool water for children under 12 months.** Bottled water is not sterile but is the best alternative if the water is not safe and/or there is no where to boil and cool water.



# Identification tags



Identification tags for each child and adult are recommended in evacuation situations in case family members become separated.



Write information clearly and attach to clothing with safety pins.

Use the examples below to print out or use as a template to create name tags.

## Child ID

**My name:**

My parent or carer name:

Phone #:

My parent or carer name:

Phone #:

Care I require (for infants include feeding needs):

Medical or other conditions:

## Parent ID

**My name:**

My child's name:

My child's name:

My child's name:

My child's name:

**My phone number:**

If I become separated from my child/ren, contact:

Name:

Phone: