

Emergency stockpile shopping list

By shopping for and packing your emergency stockpile kit ahead of bushfire season, you'll be better prepared if disaster strikes. We've prepared this general shopping list to make your bushfire preparation easier.

Dried and long-life food

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|---|---|---|
| <input type="checkbox"/> Dried ready-to-eat meals | <input type="checkbox"/> Baked beans and/or spaghetti | <input type="checkbox"/> Spreads
(Vegemite, peanut butter) |
| <input type="checkbox"/> Breakfast cereal | <input type="checkbox"/> Tinned tuna and/or salmon | <input type="checkbox"/> Tea bags/instant coffee/
drinking chocolate |
| <input type="checkbox"/> Milk powder/UHT milk | <input type="checkbox"/> Dried vegetables | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Canned soup or soup mix | <input type="checkbox"/> Rice and pasta | |
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Snack food

- Dried fruits
- Nuts
- Biscuits
- Spreads
- Crackers
- Snack or protein bars

Drinks

- Bottled water
(3 litres/person per day)
- Water sterilising tablets
- Concentrated juices/
sports drinks

Baby supplies

- Jars of baby food
- Baby formula
- Nappies and wipes

Pet supplies

- Pet food (canned/dry)

Toiletries

- Toilet rolls
- Soap and shampoo
- Feminine hygiene products
- Tissues

Health supplies

- First aid kit
- Adult and child painkillers
- Face masks (minimum P2)
- Thermometer
- Alcohol-based handwash/
gels/wipes
- Artificial tears

Other

- Batteries
- Portable battery or
solar-powered radio
- Manual can opener
- Torch, candles and matches
- Rubbish bags
- Paper towels

Sources: Jim Smith, Ordinary Courage, www.ordinarycourage.com.au; NSW Rural Fire Service, www.rfs.nsw.gov.au/plan-and-prepare/prepare-your-family/emergency-survival-kit; Country Fire Authority (Vic), www.cfa.vic.gov.au/plan-prepare/before-and-during-a-fire/leave-early/what-to-take-with-you.

Disclaimer: The content in this PDF has been prepared based on current government and emergency services guidelines and expert advice provided at the time of publishing. This information is subject to change. Please be sure to check for the latest information and always consider your personal circumstances regarding bushfire preparedness and response.

Warning statement: Where you have increased your cover or reduced your excess within 72 hours (or other period noted on your policy schedule) of a flood, storm, hail or bushfire occurring, cover will be limited to the amount that was effective prior to the change. Loss, damage or legal liability caused by, resulting or arising from flood, storm, hail or bushfire during the first 72 hours (or other period noted on your policy schedule) of your policy first being purchased is excluded unless certain conditions apply. Refer to the relevant Product Disclosure Statement for full T&Cs.