

Westport Low Water Emergency

Information Sheet 1 - Emergency supplies that you will need for feeding babies aged 0-12 months

This list of emergency supplies will be enough for 3–5 days. It will help you look after your baby in the event that you do not have usual water and electricity supplies.

For all babies – you will need:

- 30 disposable nappies
- One box of baby wipes
- One bottle of alcohol-based hand sanitiser
- Rubbish bags for dirty nappies
- Any medicines or creams your baby needs.

You may also choose to have:

- One box of disposable gloves
- Spare clothes, a blanket or special toy.

For breastfeeding mums

You will need bottled water and nutritious snacks for mum (muesli bars, dried fruit and nuts, breakfast biscuits, crackers with peanut butter, tinned fish, baked beans).

For formula fed babies – you will need:

- One tin of unopened infant formula (900 g), OR
- If your baby needs special infant formula (eg, because of an allergy), enough infant formula for two weeks. Always get your prescription in time before your supplies run low.

Note: Swap the tin every time you buy a new one so that your emergency tin never gets too close to its use-by date.

- 5 litres of commercially bottled water (noncarbonated) for preparing formula (if your baby is under 3 months. You will need to boil this water before using it to make up formula).
- A container with a lid to store boiled water.
- Two or more clean feeding bottles and teats or a cup if your baby can drink from it (easier to clean). Bottles labelled EN14350 are good quality and marked with accurate measurements, which is important for making up formula.
- One box of water purification tablets (such as Aquatabs).

To sterilise bottles and teats in an emergency, you need:

- One pot with a lid (large enough to fit two or more bottles) for sterilising in either hot or cold water.
- One box of sterilising tablets (such as Milton 30 tablet box) for sterilising in cold water.
- Kitchen tongs.

To wash your hands and work surfaces, and to clean and sterilise bottles and teats, you will need:

- 15–20 litres of stored water. If your freezer is big enough, store some water in there.

Note: This 15–20 litres is just to feed formula to your baby. You will also need at least 3 litres of water each day for each other person in the family.

- Two rolls of paper towels
- One small bottle of dishwashing liquid
- Soap for hand washing
- One bottle of alcohol-based hand sanitiser.

Note: You need to have (or have access to) a stove to boil water for preparing formula.

For babies aged 6–12 months

To feed your baby, you will need:

- Suitable emergency food supplies such as tinned fruit and vegetables, tinned fish and beans, plain cereals and crackers – get enough of this food for other members of the family too.
- A can opener.
- Having some jars or pouches of baby food is also helpful.

Getaway kit for leaving in a hurry

You need a packed kit ready for when you need to leave in a hurry. Your kit should have:

- Nappies, baby wipes and hand sanitiser.
- If you are feeding formula to your baby, 1 tin of infant formula, bottled water, clean bottle and teat and sterilising (Milton) tablets.
- A few jars or pouches of baby food if your baby is eating solids.
- Spare clothing, a blanket and medicines that your baby needs.

Tip: If your baby often stays with family or carers, think about having some emergency supplies at their place as well as at home.

For More information

For a full list of emergency items you need for all of your family, go to:

<http://getthru.govt.nz/how-to-getready/emergency-survival-items>

For information on how to fill and store water containers safely, go to:

<http://getthru.govt.nz/howto-get-ready/how-to-store-water>

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