



What to pack for a breastfed baby

This evacuation kit list will help you prepare the items needed to care for your baby for three days, even if you have no access to clean tap water, electricity or gas.

Pack these items ahead of time:

Adjust the type and number of items for your own situation.

- 36 nappies
- 200 baby wipes (for nappy changes and wiping hands and face)
- 1 pack of breast pads (if used)
- 10 L water for mum to drink
- Snacks for mum (such as muesli bars, dried fruit)
- Baby sling (a light fabric sling can be used to carry or wrap your baby, provide shade, or as a breastfeeding cover)
- Clothes (basic items with at least one summer outfit and one winter outfit)
- Baby sleeping bag/suit
- 3 bibs
- Small blanket
- Toys (consider small items such as a soft toy, a book, a rattle, stacking cups)
- If your child usually uses a dummy, pack 2
- National Breastfeeding Helpline number (1800 686 268)
- Australian Breastfeeding Association fact sheet on [Breastfeeding in emergencies](#)

If your baby is 6 months or older include:

- 10 disposable bowls and spoons
- Food (such as dried fruit, tinned corn, baked beans, baby food pouches)

Add these items at the time of evacuation:

- Child health records
- Medicines (such as baby paracetamol and an asthma spacer if needed)
- Any comfort objects your baby uses
- A travel cot or pram (if you have room)
- Your preferred baby carrier
- Any breastfeeding aids normally used (such as nipple shields or a breastfeeding pillow)

Other things to consider:

Plan to evacuate early. Go to a friend or family member's home, rather than an evacuation centre, if possible.

If isolation in your home is possible you may wish to prepare to be without electricity. Store a gas stove, a full gas bottle and a kettle suitable for use on a gas stove.

Think about keeping some cloth nappies at home as supplies of disposable nappies may run low during and after a disaster.

Make sure the family evacuation kit includes a first aid kit.

Consider storing enough items for one week.

