



What to pack for a baby fed expressed breastmilk

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, gas or electricity and are not able to wash bottles or a breast pump. It includes options for both bottle feeding and cup feeding.

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)
- 20 L water (for mum to drink and for washing her hands before expressing)
- Detergent or a bar of soap (for washing hands)
- 100 disinfectant wipes or hand sanitiser (if hands or surfaces are very dirty or contaminated)
- Snacks for mum (such as muesli bars, dried fruit)
- **To bottle feed:** 24 bottles and teats, 24 paper cups and 12 ziplock bags, **OR**
- **To cup-feed:** 24 paper cups
- Baby sling (a light fabric sling can be used to babywear, provide shade, as a breastfeeding cover, or as a wrap)
- Baby sleeping bag/suit
- Clothes (consider some basic items with at least one summer outfit and one winter outfit)
- 3 bibs
- Small blanket

- Toys (consider small items such as soft toy, a book, a rattle, stacking cups)
- National Breastfeeding Helpline number (1800 686 268)
- Australian Breastfeeding Association fact sheets on **Expressed breastmilk feeding in emergencies**, **Hand expressing in emergencies** and **Cup-feeding in emergencies**

If your child is 6 months or older include:

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





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 you wish to bottle feed, all bottles must be washed, sterilised, and completely dried before being sealed in ziplock bags.

If you will cup-feed, consider packing 24 larger paper cups that you can express into, and 24 smaller cups for feeding your breastmilk to your baby. Babies may find it easier to cup-feed from a smaller cup.

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.