



What to pack for a baby fed formula

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 or sterilise bottles. 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)
- Unopened tin of formula (with at least 6 months until expiry)
- **To bottle feed:** 24 feeding bottles and teats and 12 ziplock bags, **OR**
- **To cup-feed:** 24 paper cups, 24 disposable spoons/ knives, and one feeding bottle (to measure water)
- 12 small bottles of still water (not mineral or carbonated) for making up formula
- 15 L water for washing hands and surfaces where formula is prepared
- Detergent for washing hands and surfaces
- 100 sheets of paper towel for drying hands and surfaces
- 100 disinfectant wipes (if hands or surfaces are very dirty or contaminated)
- Baby sling (a light fabric sling can be used to carry or wrap your baby, or provide shade)

- Baby sleeping bag/suit
- Clothes (basic items with at least one summer outfit and one winter outfit)
- 3 bibs
- Small blanket
- Toys (consider small items such as a soft toy, a book, a rattle, stacking cups)
- If your child normally uses a dummy, pack 2
- Australian Breastfeeding Association fact sheet on **Formula 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, 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 for making up formula, and 24 smaller cups for feeding the formula 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.