



What to pack for a toddler

This evacuation kit list will help you prepare the items needed to care for your toddler or young child for three days, even if you have no access to clean tap water, gas or electricity and are not able to wash feeding items.

Pack these items ahead of time:

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

- Nappies (even if your child is toilet trained they may regress in toileting during a disaster)
- 200 baby wipes (for nappy changes and wiping hands and face)
- 10 L water
- Food (such as dried fruit, tinned corn, baked beans, baby food pouches, crackers)
- 10 disposable bowls and spoons
- Cup with a spout (for water only)
- 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)
- Toddler sleeping bag/suit
- Toys (consider small items such as toy cars, books, pencils and colouring-in book, craft items, small bubble blowing liquid and wand, teddy bear or doll, small play figures)
- If your child normally uses a dummy, pack 2
- If your toddler is breastfed, the National Breastfeeding Helpline number (1800 686 268) and Australian Breastfeeding Association fact sheet on [Breastfeeding in emergencies](#)

Add these items at the time of evacuation:

- Child health records
- Medicines (such as children's paracetamol and an asthma spacer if needed)
- Any comfort objects your toddler 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 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.

