



What to pack for an Emergency Evacuation kit

How to get ready for an emergency with breastfed babies and toddlers

When there is an emergency, it can be hard to care for a baby. This list will help you pack the things you need for three days. It will make sure your baby is safe and healthy, even if you do not have clean water, power or gas.

Everyday essential items to pack

- Nappies and wipes
- Snacks and water for caregiver
- Baby clothes for warm and cold weather
- Bibs
- Small blanket, baby sleep bag or suit
- Baby sling or carrier
- Toys and comfort items for your baby
- Medicines and Child Health Records
- First aid kit
- *Printed copy of ABA's Breastfeeding in Emergencies fact sheet*

If you use these items:

- Breast pads
- Dummy
- Nipple shields
- A travel cot or pram (if you have space)





Extra items to pack:

These items help if your baby is older or if you need to feed in different ways during an emergency.

For older babies:

- Disposable bowls and spoons
- Food (like tinned food, baked beans, pouches)
- *Printed copy of ABA's Breastfeeding in Emergencies fact sheet*

When you feed expressed breastmilk

- Soap, detergent, wipes or hand sanitiser
- Paper towel
- **If you use bottles:** bottles, teats, paper cups, ziplock bags
- **If you use cups:** Pack of disposable paper cups
- *Printed copy of ABA's Breastfeeding in Emergencies fact sheet*



More on storing
expressed breastmilk

[aba.asn.au/
storing-bm](http://aba.asn.au/storing-bm)

If your baby has formula

- One tin of unopened formula (check the expiry date)
- Bottled still water (not mineral or sparkling) for making formula
- Soap or detergent (for washing hands)
- Wipes or hand sanitiser
- Paper towel
- If you use bottles: Bottles and teats
- If you use cups: Paper cups, disposable spoons or knives and a bottle to measure water
- *Printed copy of ABA's Breastfeeding in Emergencies fact sheet*

Why use disposable cups?

Disposable cups are easier to clean than bottles. In an emergency, you may not have enough clean bottles for three days.

Other helpful tips

- **Leave early if you can:** Go to a family member's or friend's home, not an evacuation centre
- **Get ready for no power:** Keep a cool bag ready, with ice bricks or freezer pads in your freezer. This helps keep food and breastmilk cold if power goes out.
- **Have medicines ready:** Make sure you have enough important medicines, including baby and child medicines.
- **Store water:** Keep bottled water or full containers at home in case tap water is not safe or stops

For more help, go to our website:

This page has more tips to keep your baby safe and healthy during an emergency.



aba.asn.au/emergency