



PUBLIC SAFETY  
TRAINING &  
RESPONSE GROUP

# PACK YOUR 'GO BAG' IN CASE OF AN EMERGENCY

An emergency bag, often referred to as a "go bag" is a crucial item to have in case of unexpected emergencies or disasters.

Australia has always been the land of drought and flooding plains and as a result it is important we are prepared for disasters when they occur. Part of this is having an emergency bag. Ideally, your bag should be water-proof just in case you come face-to-face with a water inundation.

Its purpose is to provide you with essential supplies to survive for at least 72 hours in challenging conditions that may include no power, internet connection, or access to services. Remember if you have a family you will need more than one bag.

Importantly, practice your evacuation. A practice will enable you to make sure all family members know what to do and what they are capable of carrying in an emergency, including the emergency bag or bags as well as ensuring pets and other lives can be protected. This is particularly important if you have elderly or young people in your care.

It is also important to periodically check and update the contents to ensure everything remains in good condition and within its expiration date. Additionally, consider the specific risks and climate of your region when packing your emergency bag. We also emphasize know your evacuation route - the route you take on a daily basis may not be the safest in an emergency. Listen to your local authorities to ensure your planned route is still safe.

Remember our "What to pack in your emergency bag 'go bag'" is a reference guide only, and individuals should do their own research and pack their go bag according to their individual circumstances.

**THE SAFEST WAY TO DEAL WITH AN  
EMERGENCY OR DISASTER IS TO BE  
PREPARED, AND THE BEST WAY TO  
BE PREPARED IS TO BE EDUCATED.**



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# TO HELP PREPARE YOUR 'GO BAG' HERE'S A LIST OF ITEMS TO CONSIDER

## Emergency plan

Keep a record of key addresses, phone numbers, emergency services, safe spots to meet if separated are crucial to avoid confusion in the heat of the moment.

## Water

Aim for at least five litres of water per person per day for drinking and sanitation. You can use water purification tablets or a portable water filter as well.

## Non-perishable food

Include canned goods, energy bars, dried fruits, nuts, and other high-calorie, long-lasting food items. Don't forget a manual can opener and periodically checked used by dates and swap out supplies.

## First aid kit

A basic first aid kit should contain bandages, antiseptic wipes, adhesive tape, pain relievers, tweezers, scissors, insect repellent and any necessary prescription medications.

## Medication and special needs items

Ensure any important or life critical medication is packed in the emergency bag. (e.g., insulin, mobility aids, eyeglasses, contact lenses).

## Clothing

Pack a change of clothes, including sturdy shoes, socks, underwear, and clothing appropriate for the weather in your area.

## Shelter

A lightweight, compact tent or emergency space blankets can provide shelter from the elements.

## Flashlight and batteries

A reliable flashlight with extra batteries is essential for illumination. Also consider individual head lamps one per family member.

## Fire starter

Include waterproof matches, a lighter, or a fire starter kit to create warmth and cook food if necessary.

## Personal hygiene items

Toothbrush, toothpaste, soap, hand sanitiser, feminine hygiene products, and any other personal necessities.

## Whistle

A whistle can be used to signal for help and attract attention.

## Cash

Small denominations of cash in case electronic payment systems are down.

## Important documents

Copies of your identification, birth and marriage certificates, insurance policies, medical records, and contact information for family members. (Certified or original copies)

## Maps and compass

Local printed maps can be useful for navigation if you're unfamiliar with the area and a supporting compass to help with navigation.

## Communication

A battery-powered or hand-crank emergency radio can provide updates and information.

## Chargers

Solar chargers, rechargeable batteries and at least a 10k(mAh) battery power bank for your electronic devices including wall chargers and cables.

## Tools

Basic tools such as pliers, wrenches, knife and a screwdriver.

## Entertainment

A book, playing cards, or other forms of entertainment can help pass the time during stressful situations.

## Extra keys and fuel

Spare keys for your home and vehicle including spare gas in case services become limited.

## Pet supplies

If you have pets, pack food, water, a leash, and any necessary medications for them if it is safe to bring them.



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