



DIY Devotees Ltd

Suggested contents for a homeowner's Emergency Kit

- Several dynamo powered torches (they don't need batteries, just winding up to make them work. They may include a radio (to tune into Civil Defence broadcasts), an alarm/siren (to call for help), a flashlight (LED lights) and a mobile phone charger.
- Light sticks (they may provide continuous light for up to 12 hours)
- Containers of water (containers range in size from 750ml bottles to 20L containers. Pick a container size that means you can carry it easily when it is filled). Allow for 3L of water per person, per day.
- Two buckets with sealable lids (for temporary toilet facilities)
- A supply of plastic bags (to line the inside of the temporary toilet buckets)
- Hand sanitizer
- An MP3 player or battery powered transistor plus spare batteries
- Long candles, matches and a secure candle holder (a tall vase or empty tin with sand at the bottom to keep them stable)
- A portable one or two ring gas powered burner (cost about \$40 - \$60 at hardware stores) and a supply of gas cartridges
- Some cooking utensils, plates, knives, forks, spoons, mugs
- Disposable gloves (for handling temporary toilet facilities)
- Cash (in the event of power failure, all EFTPOS/ATM facilities will be out of action)
- A list of contact people and their telephone numbers
- A tin opener (a manual one)
- Water purification tablets
- A first aid kit (well stocked)
- Sleeping bags (at hand)
- Photos of your family (to aid identification of people living in the home)
- A plug-directly-into-the-telephone-socket telephone – hand held telephones won't work if the power goes off so the 'old fashioned' telephone is worth its weight in gold

Emergency Pantry stocks (at a minimum, aim for 3 day's worth of provisions) could include:

- Packets of pasta or rice
- Tins of food
- Milk powder
- Supplies of tea, coffee, sugar, flour, in sealed containers
- Tinned pet food
- Toilet paper
- Comfort food (e.g. energy snacks and the like – the like may be more appealing, depending on your taste buds)
- Use food from the freezer as well as the emergency pantry stocks. If the power goes off, keep your fridge and freezer doors closed for as long as possible to keep the items cold.

Safe proofing your home includes:

- Securing pictures and clocks to walls, vases to shelves, etc with blue tack
- Putting slip proof matting in the inside of kitchen cupboards (will minimize crockery movement and damage)
- Securing dressers and cabinets to the walls, with hooks and safety lines
- Putting kitchen supplies like flour, sugar etc into sealable containers and grouping jars and small bottles into shallow, lidless containers, so they're safely containerized to minimize mess

- Putting bottles of alcohol, soft drink etc, in plastic boxes (no lids) on bottom shelves in cupboards or storage areas
- Keeping a wind-up torch in every bedroom, secured to the wall or on the headboard (torches left on the floor will travel far in an earthquake and not be easily found)
- Keeping corridors and all rooms (bedrooms and living) free of floor clutter – clothing, toys, books etc will create additional hazards
- Decluttering your home – so many cupboards, garage shelves and nooks and crannies around the house can be filled with unused ‘stuff’ that’s unwanted and unnecessary to everyday life – get rid of what you don’t want – there’ll be less to clean up in the event of an earthquake or other emergency
- Preloading your cell phone with important numbers and update the list regularly
- Every time you empty a solid plastic drink container (don’t use plastic milk containers), clean it and fill it with fresh water and keep it in your fridge or pantry cupboard, so you always have drinkable water on hand.

Some Other Tips

- If you wear slippers, keep them by your bed at night and put them on your feet when you get out of bed. In an emergency, you run the risk of falling glass and cut feet that you won’t see in the dark if the power goes off and you have to find your way around your house.
- Fill your bath up as soon as possible – it can provide a safe water supply for several days
- Adopt the drop, cover and hold technique to keep yourself safe – the triangle of life earthquake procedure has apparently been discredited and isn’t recommended by Civil Defence New Zealand. If in doubt, check the Civil Defence website: (www.civildefence.co.nz) sometime soon
- Recharge your cell phone regularly – Sod’s Law dictates that in an emergency it’ll be near empty and if you’re on prepay, you’ll have next to nothing on it. Post earthquake, cell phone facilities will be overloaded and operating on battery power, so texting, not calling people, is the best option.
- Expect aftershocks for days and weeks afterwards. Sleep deprivation, shock and fatigue caused by high adrenaline rushes followed by massive drop when the body returns to normal, then back up again with aftershocks, is to be expected.
- Take photographs of any damage to your house and contents as soon as possible. Keep taking photos as aftershocks may cause more damage than what is initially found in the first few days.
- Get a local newspaper in the days after an earthquake. It will have Civil Defence information (www.civildefence.co.nz) and information from the Earthquake Commission about claims (www.eqc.govt.nz or 0800 326 243).
- Put spare clothing in a back pack in the boot of your car so it is always there if you need to leave your home in a hurry (there is always a possibility though if your garage has been damaged you may not be able to access your car or open your garage)
- Get a solar panel lantern (2.5W, multi-crystalline solar panel; 250(H) and 108 (Dia) mm and keep it charged
- The emergency situation will be over in time. They are extraordinary, life changing events and eminently get-through-able. It’s important to focus on one day at a time. Prioritise what needs to be done. Look out for yourself and others. The strength of people standing together is what helps people survive and cities to recover.

DIY Devotees Ltd
POBox 21147, Edgware
Christchurch 8143,
New Zealand

 Cell+ 64 021 802 593

 Phone+ 64 3 3794107

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