

Survival Kit

Check your survival kit once a year. Rotate the items through the pantry and replace the contents with fresh ones.



Misc Items

Long life milk



Lollies and lollipops are good for keeping children quiet!

Emergency Water Supply

Fill water bottles to brim

Use tap (not well) water



Store water in a dark place

Replace water every 12 months

Allow 3 litres per person per day


Light sticks

Light sticks are safer than candles.

Buy from camping and safety shops

They cost \$3- \$4 each and can give out light for 12 hours (check details on side)

Good for power cuts 

Your survival items can be stored in  cardboard boxes, plastic containers, and old bags or similar.

Remember that your Get-Away Kit needs to be portable.



Day One

Possible Menu

Breakfast - Cereal from cupboard

Lunch - Tinned soup & crackers

Dinner - Beans with sausage, tinned fruit

Snacks - Muesli bars, biscuits, crackers, nuts & raisins





Day Two

Possible Menu

Breakfast - Cereal from cupboard

Lunch - 2 minute noodles with tuna

Dinner - Ravioli, rice pudding

Snacks - Chippies, biscuits, chocolate

Day Three

Possible Menu



Breakfast - Cereal from cupboard

Lunch - Corned beef & crackers

Dinner - Tinned stew, tinned fruit.

Snacks - muesli bars, peanuts, raisins

Other suggestions

There are many types of pre-prepared meals available from supermarkets

If you use dehydrated food you may need to store additional water