

Cool Kit packing checklist

A Cool Kit is a set of essential items prepared in advance to help you stay safe and reduce stress during extreme heat events. It ensures you can manage whether you have electricity or not, and supports you if you need to leave home for a cooler space.

The essentials

Insulated cooler bag with an ice pack

This is essential to keep food and medication cool.

Water and electrolytes

In the case of extreme heat, hydration is incredibly important and electrolytes can help you to rehydrate more quickly.

First Aid Kit

Ensure the kit has an instant cool pack to promote cooling.

Medications

Include dosage instructions and copies of prescriptions.

Fan and Spray Bottle

This supports evaporative cooling of the body in high temperatures.

Cooling Towel

A standard wet towel can help to reduce body temperature, but specialist cooling towels are available that increase this cooling effect.

Mobile phone chargers & power banks

Keep devices charged in case of a power outage.

Torch

Including spare batteries in case of a power outage. A wind-up torch is a great alternative if batteries aren't available.

Your RediPlan

Print your emergency plan and contact numbers for family, friends, and services. Download the template at redcross.org.au/prepare.

For more information visit:
redcross.org.au/extremeheat



If you're leaving the house

Water bottle

Keeping hydrated is key in extreme heat. If you can, try to use a insulated water bottle that will keep your water cooler for longer.

Protective clothing

Light-coloured and breathable long sleeved shirts and pants are important for protecting you from the sun. Also bring a hat and UV protective sunglasses.

Hand sanitiser or antibacterial wipes

Germs can spread quickly in hot weather, so ensure you maintain hygiene practices and clean your hands before eating.

Other considerations

Pets and animals

Ensure animals have enough food, water and access to shaded areas.

Babies and children

Babies and children need additional help to stay cool on hot days, ensure you've got enough water, ice blocks and cool towels.

Sunscreen and insect repellent

While these items will not protect you from the heat, sun burn and insect bites can add to discomfort and risk.