

Emergency pantry list for infants (aged 0–6 months)

Breastfeeding and formula-fed

Breastfeeding infants (aged 0–6 months)

The following table outlines adequate supplies for an infant receiving only breast milk for three days.

Items	Approximate quantity
Disposable nappies	30
Nappy wipes	80
Nappy sacks	30
Disposable gloves	30
Hand sanitiser	1 bottle
Solid storage container with lid	1 (big enough to store all the supplies)

The following information may also assist you:

- ensure you drink enough water if you are breastfeeding
- do not give water to breastfed infants aged less than around six months



Further advice and support is available from:

- Breastfeeding Helpline, 1800 686 268
- Lactation consultants or breastfeeding counsellors
- 13 HEALTH (13 43 25 84).

Formula-fed infants (aged 0–6 months)

The following table outlines adequate supplies for an infant exclusively receiving formula for three days.

Items	Approximate quantity
Ready-to-drink formula	24 x 250 mL (based on 8 feeds per day)
Sharp metal knife	1
Small bowl	1
Feeding bottles and teats	27
Paper towels (2 or 3 ply)	192 sheets
Detergent	1 small bottle
Soap (hand washing)	1 small bottle
Antiseptic wipes	48
Disposable nappies	30
Nappy wipes	80
Nappy sacks	30
Disposable gloves	30
Hand sanitiser	1 bottle
Solid storage container with lid	2 (one container big enough to store all the supplies and another smaller container for sterilising bottles)
Sterilising liquid or tablets	1 L liquid solution or 30 tablets
China plate	1
Metal tongs	1

The following information may also assist you:

- If formula fed use a new bottle each day to offer small amounts of water to your infant if the weather is hot
- read the *Preparing ready-to-use infant formula in an emergency* fact sheet for a step-by-step guide for sterilising bottles and preparing ready-to-drink infant formula.

