

Checklist

Below is inspiration for a checklist. The checklist consists of suggestions covering most basic needs.

Drinking water

- 3 litres per person per day
- Water for pets if needed

Food

- Food for three days with a long shelf life and easy to prepare

Medicine and first aid

- Necessary medicines for the household
- First aid kit
- Iodine tablets for people under 40 as well as pregnant and breastfeeding women

Hygiene products

- Toilet paper
- Hand sanitiser
- Nappies, sanitary pads/tampons or anything else relevant to your household

Heat

- Blankets, duvets, warm clothes

Other necessities

- Power bank or battery pack for e.g. your mobile phone
- Torch
- Batteries
- Physical payment cards (remember PIN) and cash in coins and small denomination notes
- Candles and matches if needed

Special needs

- Are there children or elderly people in the household?
- Do you live in a location exposed to e.g. flooding?
- Do you have alternative transport options in the event of flooding, for example?
- Can you help or get help from family, neighbours and friends?

Communication

- Battery-operated/wind-up/solar-powered FM radio (or your car radio may suffice).