EMERGENCY KIT

Ready for a few days

Keep it all in one box or bag, somewhere easy to find in the dark. Tick each item as you add it.

999 **Emergency services**
Police, fire, ambulance, coastguard.

105 **Power cut**
Free, in Great Britain. In Northern Ireland, 03457 643 643.

- [ ] 01 **Torches and spare batteries**
Battery or wind-up. Torches are safer than candles.
- [ ] 02 **A battery or wind-up radio**
Write your local station's frequency on it.
- [ ] 03 **A power bank, charged**
Top it up every few months.
- [ ] 04 **Bottled water for three days**
At least 3 litres a person a day, to drink.
- [ ] 05 **Food that needs no cooking**
Tins and long-life food, and a tin opener.
- [ ] 06 **A first aid kit**
Plasters, bandages, antiseptic, gloves, a thermometer.
- [ ] 07 **Hand sanitiser and wet wipes**
For when the water is off.
- [ ] 08 **Medication, and a list of it**
And backup power for any medical equipment.
- [ ] 09 **Contacts on paper, and some cash**
Family, GP, landlord. Card machines can stop.

In a fire, take nothing. Get everyone out, then call 999.

WHERE WE KEEP THE KIT

LAST CHECKED (DATE)

LOCAL RADIO STATION AND FREQUENCY

WHERE WE MEET IF WE CAN'T GET HOME