Your checklist

Water

- ☐ Each person needs 2–3 litres of drinking water each day.
- ☐ Keep some bottled water in a cool, dark place.
- ☐ Only store it for as long as the expiry date on the bottle.

Food

- ☐ Keep a supply of non-perishable food on hand.
- ☐ Rotate food so nothing goes past its expiry date.
- ☐ Consider dietary needs of everyone in your household, including small children and pets.
- ☐ If you use baby formula, have an extra supply of ready-to-feed formula available.
- ☐ Use fresh food and food kept in the fridge first.

Light and heat

- ☐ Have an alternative way to keep warm, such as blankets, sleeping bags, and emergency thermal blankets.
- ☐ Close windows and doors and stay in one room for warmth.
- ☐ Keep a torch or lamp with spare batteries.
- ☐ Keep matches or a lighter in a safe place.
- ☐ Know the location of gas and electricity shutoff points.
- ☐ Know how to turn off gas and electricity and note your Meter Point Reference Number (MPRN) and Gas Point Registration Number (GPRN) from your bill.

Medicine

- ☐ Keep prescription medicines up to date, if possible.
- ☐ Keep copies of your prescriptions and details of any medical conditions.
- ☐ Have a first aid kit ready.

Hygiene

- ☐ Keep sanitary and hygiene products for everyone in your household.

If you need to evacuate

- ☐ Take medication and hygiene items.
- ☐ Take warm and waterproof clothing.
- ☐ Take your mobile phone and charger.
- ☐ Bring personal identification and key documents.
- ☐ Take cash and debit or credit cards, if possible.

Stay connected

- ☐ Keep a battery, wind-up or solar radio and spare batteries or use a car radio as backup.
- ☐ Have power banks ready for recharging phones.

Important items

- ☐ Keep documents in a waterproof bag including:
  - Birth certificates, passports, driving licences
  - Insurance details, medical information
  - Emergency contacts
- ☐ Keep strong plastic bags for valuables and sentimental items.
- ☐ Have a road map in case GPS is unavailable.
- ☐ Keep spare keys for home and car.