

'It's Up To You For 72'

Emergency Kit

- Masks
- Clothing - overalls/ long sleeved cotton clothing, boots, cap/hat, cotton handkerchiefs - large
- Safety glasses
- Spare reading glasses
- Woollen blanket
- Batteries
- Torch
- Mobile phone battery charger for car
- Radio – wind-up
- Instruction lists for machinery, pumps, equipment, etc
- Contact list – family, emergency services, neighbours, local council
- USB with copies of documents, insurance details, photos, passports, bank account details, backup of important computer files
- Drinking water – 10 litres per person is recommended for 3 day's supply
- Food for 72 hours – non-perishable food items, energy bars, jelly beans – replace every 6 months – include can opener, utensils
- Infant food, nappies (if applicable)
- Pet food, spare leads
- Personal hygiene items – toilet rolls, toothpaste, soap
- First aid kit, Ventolin – (even if not asthmatic smoke may induce this condition), Eye drops, Sunscreen, Insect repellent
- Medications – copies of prescriptions
- Spare house/car keys
- Basic tool kit – pliers, screwdrivers, tape
- Spare cash

Tips:

- Store in a safe accessible place.
- Place copy of checklist in plastic pocket on lid of emergency kit
- Ensure everyone in your household is aware of the location of the kit
- Check the contents regularly eg. use by dates for food, current computer backup (at start of each season – 1st March, 1st June, 1st September, 1st December)