



## Get ready – get a kit

When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth.

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, 7 pints (4 litres) of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered radio and extra batteries or wind-up radio
- Torch and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and gaffer tape to shelter in your home
- Wet wipes, rubbish/bin bags and plastic ties for personal hygiene
- Wrench or pliers to turn off utilities
- Tin opener for food (if kit contains tinned food).

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and disposable nappies and nappy sacks
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, passport, National Insurance number, NHS number and bank account records in a waterproof, portable container
- Cash or traveller's cheques and change
- Emergency reference material such as a first aid manual
- Sleeping bag or warm blanket for each person; consider additional bedding during winter
- Complete change of clothing including a long sleeved top, trousers and sturdy shoes; consider additional clothing during winter
- Water purification tablets
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children.

Remember the unique needs of your family members when making your emergency supply kit and family emergency plan.

**Do you have pets?** – you'll need to make a kit for them too!

Your pet emergency kit should include:

- Pet food and treats
- Drinkable water in plastic bottles
- Can opener for canned food
- Pet medications and medical records in a waterproof container
- Sturdy leashes, harnesses and/or carriers so you can move your pets safely and they can't escape (remember they may be scared and may act different than usual)
- Current photos of your pet in case they get lost
- The name of your veterinarian
- Pet beds and toys, if there is room.

All your pets should have an identification tag and collar, too.