

EMERGENCY SUPPLY CHECKLIST

STOCK
UP FOR
STRIFE



DRINKING WATER

- Three litres per person per day



FOOD

Half of your stock of food should be ready-to-eat items.

- Pickles and preserves
- Instant soups
- Dry bread-based snacks
- Nuts and dried fruit
- Cookies, candy, muesli bars and honey
- Baby food (if required)



RADIO

- Battery-operated radio and batteries enough for repeated use/radio that runs on solar cells or a generator



LIGHTING

- Torch and spare batteries
- Torch that runs on solar cells or a generator
- Battery-operated lamp or lantern and spare batteries/oil lamp with oil
- Hurricane lamp
- Candles
- Matches



FIRST-AID ITEMS

- First-aid kit



HYGIENE PRODUCTS

- Soap
- Disinfectant
- Toilet paper
- Tissues
- Wet wipes
- Garbage bags (50-litre)



MEDICINES

- Prescription medicines
- Painkillers
- Fever reducers
- Allergy treatment
- Digestive medication
- Anti-inflammatories
- Cold & flu medication



TOOLS AND RELATED SUPPLIES

- Knife
- Scissors
- Adhesive tape
- Plastic film



TABLEWARE AND KITCHEN UTENSILS

- Single-use cutlery and crockery
- Tin opener



HEATING MATERIAL

- Firewood
- Liquid fuel (e.g. for a generator)
- Gas



POWER BANK

- Fully charged power bank for recharging mobile devices



OTHER NECESSITIES

- Cash to cover your family's needs for one week
- Masks to protect your airways (such as dust masks)
- Fire extinguisher and fire blanket
- Petrol (for your car)
- Pet food (if required)