72 Hour Emergency Kit

With an emergency kit you are well prepared for the first 72 hours after an emergency event occurs. Putting together an emergency kit is perhaps easier than you may think. You probably already have some of the items at home. Also consider your personal needs, and add items such as baby food, medicines and food for your pet.

- Bottled water. You need at least 3 liters per person per day.
- Non-perishable food, such as nuts, canned vegetables and dried fruit.
- Stay informed via a battery-operated radio and mobile with power bank.
- Torch with extra batteries, candles and matches incase batteries run flat.
- First aid kit with instructions for use. Prescription medication.
- Blankets or sleeping bag to Keep warm.
- Whistle to let emergency services know where you are.
- Cash if possible in case digital payments fail for any reason
- Tools, such as hammer, saw, pliers, scissors, note pad and pens.
- Disinfectant gel, soap toilet paper, wet wipes, sanitary items, nappies, toothpaste and toothbrushes
- Copies of IDs and a list of important telephone numbers.
- Spare keys to the house and car.
- Personal items:
  Clothing

Store the items in a handy, easily accessible place. It is also handy to put a bag in this place, in case you suddenly have to leave your house. You can put things in there
and easily take them with you. Think for example of your keys, ID and cash.

Check the emergency stock every six months to see if the products can still be kept.

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