Get Prepared Household Checklist

Suffolk Prepared

This is a ‘Get Prepared Household’ checklist for you to fill out to prepare for an emergency. It suggests items that you may want to consider to keep your household prepared for 72-hours. Don’t forget to check your items regularly!

1 WATER	☐ Water bottles (2 litres a day per person) ☐ Water containers (clean and with lids) ☐ Water sterilising tablets or water purifiers ☐ Extra water (or containers to collect water for washing) **You may also want to consider…** ☐ Water butts (useful to collect water to help flush toilets)
2 FOOD	☐ Non-perishables (3 days per person) ☐ Dietary needs (allergies, medical, babies) ☐ Tin openers ☐ Paper plates and cups (only to be used during a water outage)
3 COOKING	☐ Gas camping stove or portable cooker ☐ Fuel (store correctly when not in use) ☐ Matches or lighter ☐ Kettle or saucepans that are suitable for the stove ☐ Carbon monoxide detector and fire alarms **You need to keep in mind fire safety. Never use BBQs inside.**
4 INFORMATION & COMMUNICATION	☐ Battery power or wind-up radio ☐ Long-life batteries ☐ Power banks and phone chargers ☐ List of emergency contacts (family, friends, insurance, and services)
5 LIGHTING & POWER	☐ Wind up or battery powered torches (one per person) ☐ Spare batteries ☐ Candles (please be aware of fire risk and where these are placed)

6 **FIRST AID**	☐ Fully stocked first aid kit inc painkillers ☐ Essential prescription medication (at least a 3-5 day supply) ☐ Glasses, contact lens, hearing aids ☐ Hand sanitiser and face mask
7 **HYGIENE**	☐ Toilet paper ☐ Wet wipes and soap ☐ Sanitary products ☐ Toothpaste and toothbrush ☐ Rubbish bags (for waste) ☐ Warm clothes and extra layers (including waterproofs) ☐ Blankets or sleeping bags
8 **IMPORTANT DOCUMENTS**	☐ Copies of important documents (ID, medical information, birth and marriage certificates, insurance documents) ☐ Cash & cards ☐ Water and fire proof pouches/boxes
9 **PETS**	☐ Food, water, bowls ☐ Medication ☐ Comfort items (blankets and toys) ☐ Cat litter, carrier, leads & collars, poo bags
10 **HOUSEHOLD PLANNING**	☐ Household emergency plan ☐ Get Prepared Grab Bag ☐ Neighbour contacts
11 **MAINTENACE TIPS**	• Review and refresh supplies • Rotate food and water before expiry • Practice using camp stoves, and water sanitation before • Buy in small amounts when you do your usual shop • Work with neighbours to cover bigger items • Use what you have! • Sign-up to the Priority Services Register if you or someone in your households have specific needs or vulnerabilities