

Checklist for home preparedness

A cybernetic attack on waterworks or power plants, hurricane winds, flash floods or armed conflict may cause what we take for granted to no longer work. That's why **it's good to be prepared**. The most important thing is to have food, drinking water, heating, regular medications and the ability to receive important information.

Below you will find general advice on what to have at home in case of an emergency. Adjust the list in detail to the needs of your household members.

Minimal water supply, clean tanks and bottles for bringing and storing water, **water purification tablets**.

A supply of food for 14 days, preferably not requiring refrigeration, ready to eat or to be prepared without water.

Tourist stove for gas cartridges.

Home first **aid kit**, stock of regularly taken medications, **hygiene products**.

Alternative heat source for kerosene, gas or wood – remember about good ventilation.

Sleeping bags, blankets and warm clothes.

Kerosene or oil lamp and its fuel. Remember about good ventilation.

Fire extinguisher, matches, candles

Battery-powered, solar-powered or dynamo-powered **radio**.

Flashlight with batteries.

Always charged **phone and charged power banks**.

Cash in various denominations for approximately 14 days, in case payment systems fail.

A card with a list of telephone numbers for family, neighbors, commune, rescue services, electricity supplier, hospitals.

Emergency Backpack placed in the car or at home, near the exit.

Water

Clean drinking water is necessary for life. Count on at least 4 liters per day for an adult. If you are not sure about the quality, you must be able to boil or purification water. Remember the animals.

Food

Make home supplies of products that have a long shelf life, have appropriate calories, that can be prepared quickly with a small amount of water or are ready to eat without long cooking.

Warm

If there is no electricity and heating in the ground, the apartment will quickly cool down. Go to one room, hang blankets over the windows, cover the floor with rugs and make a tent under the table to keep warm. Make a fireplace out of ceramic pots and small candles, the temperature in the room will increase by a few degrees.

Communication

During an ongoing disaster, you need to receive communications for civilians. Set the radio to Program 1 of Polish Radio in Poland or your national program in your country.

In case of emergency, call 112. Determine how you will contact your family if your mobile phones do not work.

WANT TO KNOW MORE?

The **knowledge base** about preparing for any disasters is here:

www.gotowi.org

Emergency equipment and supplies are here:

www.the17bag.com