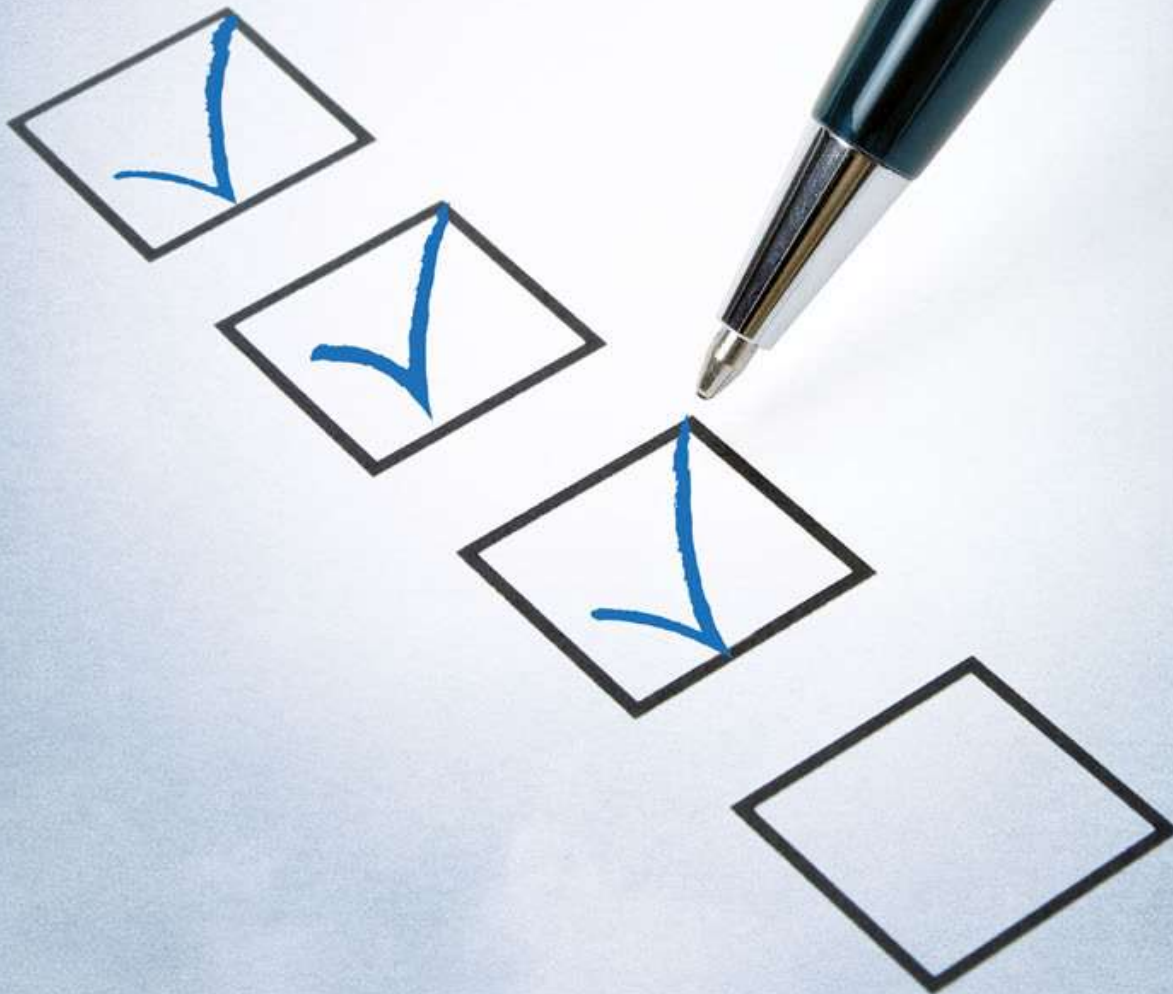


Checklist

Prepare for emergencies



A fire, an accident or a disaster generally happens completely unexpectedly. When the water supply breaks down, you cannot create any more water reserves. When the electric power fails over a wide area, you cannot purchase any more supplies. So make provisions for these circumstances in advance!





Make provisions!

What do you need?

What do you have to think of at an early stage?

The following checklists will give you an overview of what you need in an emergency. Enter the local emergency telephone numbers in the telephone list on the back of this brochure.

Plan together! Sit down with your family and consider the following:

OUR ADVICE

- › Where are the following located in the house: the emergency pack, the briefcase, the fire extinguisher, the supplies from the checklist.
- › Discuss escape routes, meeting points and their accessibility; it is possible that not all members of the family will be at home in the event of a disaster.
- › Keep this brochure together with the briefcase; thus, you will be able to read the most important information again in the event that a disaster is forecast.



Food & drink

In the event of a disaster such as a flood, electric power breakdown or a storm, there is a risk that food will be hard to come by. Therefore, ensure that you have a sufficient supply of food. Your goal must be to survive for 10 days without shopping. The solution is your responsibility. Whether and to what extent you make provisions for a disaster is a personal decision.

In the following overview, you will find an example of the basic supplies for one person for 10 days. This corresponds to approx. 2,200 kcal per day and thus generally covers the total energy requirements. Take personal tastes, dietary requirements and allergies into consideration in your planning.

DRINKS

10-DAY SUPPLY

FOOD GROUP

Drinks

QUANTITY

20 litres

REMARKS

An additional amount was added to the suggested supply of drinks, so that water is also available for the preparation of food such as pasta, rice or potatoes, independent of the public drinking water supply.

FOOD

10-DAY SUPPLY

FOOD GROUP

Cereals,
cereal products,
bread, potatoes,
pasta, rice

QUANTITY

3.5 kg



FOOD

10-DAY SUPPLY

FOOD GROUP	QUANTITY	REMARKS
Vegetables, pulses	4.0 kg	Remember that vegetables and pulses in a jar or in cans have already been cooked and that water is also required for dried products.
Fruit, nuts	2.5 kg	Stock up on fruit in cans or jars and only use storable fruit as fresh fruit.
Milk, milk products	2.6 kg	
Fish, meat, eggs or whole egg powder	1.5 kg	Please note that fresh eggs can only be stored for a limited time; whole egg powder, on the other hand, keeps for several years
Fats, oils	0.357 kg	
Other as desired e.g.		Sugar, sweetener, honey, marmalade, chocolate, iodised salt, convenience foods (e.g. ravioli, dried tortellini, instant soups), dry potato products (e.g. mashed potato), flour, instant broth, cocoa powder, hard biscuits, pretzel sticks



FURTHER INFORMATION...

...can be obtained from the Federal Ministry of Food and Agriculture at www.ernaehrungsvorsorge.de. On the website www.ernaehrungsvorsorge.de/de/private-vorsorge/notvorrat/vorratskalkulator/, you can calculate your personal requirements using a provisions calculator.

Checklist

Tick off items that are available, so that you have an overview!

RADIO

AVAILABLE

Radio with VHF and digital reception,
suitable for battery operation or a wind up radio

☐

Spare batteries

☐

MEDICINE CABINET

AVAILABLE

DIN first aid kit

☐

Drugs prescribed by the doctor

☐

Painkillers

☐

Skin disinfectants

☐

Wound disinfectants

☐

Cold remedies

☐

Thermometer

☐

Remedies against diarrhoea

☐

Cream for insect bites and sunburn

☐

Tweezers

☐



HYGIENE PRODUCTS

AVAILABLE

Soap (cakes), detergent (kg)	<input type="checkbox"/>	<input type="checkbox"/>
Toothbrush (number), toothpaste (tubes)	<input type="checkbox"/>	<input type="checkbox"/>
Sets of disposable cutlery and crockery (number)	<input type="checkbox"/>	<input type="checkbox"/>
Kitchen paper (rolls)		<input type="checkbox"/>
Toilet paper (rolls)		<input type="checkbox"/>
Rubbish bags (number)		<input type="checkbox"/>
Camping toilet, replacement bags (number)	<input type="checkbox"/>	<input type="checkbox"/>
Household gloves (pairs)		<input type="checkbox"/>
Disinfectants, soft soap (quantity)	<input type="checkbox"/>	<input type="checkbox"/>

POWER FAILURE

AVAILABLE

Candles, tea lights	<input type="checkbox"/>
Matches, lighter	<input type="checkbox"/>
Torch	<input type="checkbox"/>
Spare batteries	<input type="checkbox"/>
Camping, spirit stove with fuel	<input type="checkbox"/>
Heater	<input type="checkbox"/>
Fuel	<input type="checkbox"/>

DOCUMENT SECURITY

PREPARED

Have you established which documents are absolutely essential?

☐

Are your documents organised appropriately?

☐

Are copies available of important documents, and are these certified if necessary?

☐

Have you created a document folder?

☐

Are the document folder or important documents ready to hand?

☐

FIRE PROTECTION

AVAILABLE / DONE

Clear out cellar and attic

☐ ☐

Fire extinguisher, fire protection

☐

Extinguishing spray

☐

Smoke alarm

☐

Garden or car washing hose

☐

Container for water for extinguishing fires

☐

Water bucket

☐

Stirrup pump or bucket pump

☐



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If you have made the right provisions, you can lie back and relax.

EMERGENCY PACK

AVAILABLE

Personal medication	<input type="checkbox"/>		
Provisional protective clothing	<input type="checkbox"/>		
Woollen blanket, sleeping bag	<input type="checkbox"/>		
Underwear, socks	<input type="checkbox"/>	<input type="checkbox"/>	
Wellingtons, sturdy footwear			<input type="checkbox"/>
Cutlery and crockery, thermos flask, cups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Materials for treating wounds			<input type="checkbox"/>
Can opener and penknife	<input type="checkbox"/>	<input type="checkbox"/>	
Hard-wearing, warm clothing			<input type="checkbox"/>
Torch			<input type="checkbox"/>
Head covering, protective helmet			<input type="checkbox"/>
Protective mask, provisional respiratory protection			<input type="checkbox"/>
Work gloves			<input type="checkbox"/>
Camera or camera phone			<input type="checkbox"/>