

EMERGENCY KIT



In the event of an emergency, and in order to be able to react appropriately, you must be prepared **in advance** to ensure your safety and that of your loved ones. You should keep an emergency kit at home which will enable you to live independently for several days

- confined to your home;
- away from your home, if you are evacuated.

Think about finding out:

- where and how to turn off the water, gas and electricity supplies;
- how to stay in contact with your family;
- which of your neighbours (the elderly, or vulnerable people) might need your help.

Your emergency kit should be

- kept somewhere easy to reach,
- known to all the members of your family,
- and easy to carry,
- so that it can be picked up as quickly as possible

The list on the next page contains suggested items.

Depending on your own circumstances (composition of your family, health of family members), you may need other things too. You will therefore need to add other items to the list, according to your personal circumstances.

Check the contents of your emergency kit regularly:

- is it complete?
- can it still be kept?
- does it need to be replaced?



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Your emergency kit should include the following emergency items:

IN ADVANCE, things you can store



- Water: at least 6 litres per person, preferably in small bottles



- Non-perishable and easy to consume food items



- Basic tools : multi-function penknife, tin opener, scissors, etc.



- Portable stove, preferably gas-powered



- Torch with two sets of replacement batteries, or a wind-up (dynamo) torch



- Candles or candle-holders with matches or a lighter. Use carefully and responsibly!



- A battery-powered or wind-up radio. Car radio can be an alternative.



- A first-aid kit, including any prescription medicines: dressings, swabs, disinfectant, over-the-counter painkillers, etc.



- A spare set of keys to your house and to your car



- Some cash



- A list of useful telephone numbers (family, friends, doctors, emergency services, etc.)



- Copies of identity documents, insurance certificates and any other important documents, in a waterproof packaging



- Toilet paper, personal toiletries

IN ADVANCE, other things you can keep on one side



- A change of clothing and shoes (one spare outfit per person, more for children)



- Sleeping bags and blankets



- Some board games

AT THE LAST MOMENT, what you should take with you



- Current medication, together with any prescriptions



- Your mobile phone and laptop computer, with chargers



- Your wallet (with cash and credit card)