

# PRISTON EMERGENCY PROVISION CHECKLIST

In line with national guidelines, Priston Parish Council is working to encourage residents to become better prepared for emergencies such as:

- An extreme weather event.
- A public health emergency.
- A malicious attack on UK infrastructure.

*Imagine losing power and internet for several days or more, with roads unsafe or impassable.*

*To help you and your family stay safe during an emergency, keep essential supplies at home.*

*Use the checklist below as a guide, and adapt it to your household's specific needs, considering the number of people, medical requirements, and imminent risks.*

# ONE - SURVIVAL (3-7 DAYS WOTRH)

## Water

- 3-4L per person per day
- Extra for babies/pets
- Purification tablets/filter

## Food

- tinned meals & soups
- Oats / crackers / long-life bread
- UHT milk
- High-energy snacks
- Baby food / pet food
- Manual can opener

## Medical

- Prescription meds
- Inhalers / EpiPens / insulin
- First aid kit
- Pain relief (adult/child)
- Thermometer
- Rehydration salts

# TWO - POWER, HEAT & LIGHT

## Light & Power

- Torches / head torches
- Candles / Lantern
- Spare batteries
- Power banks + cables
- Car charger / solar charger

## Warmth

- Blankets / sleeping bags
- Hot water bottles
- Thermal layers, hats, gloves
- Good fuel reserves: oil, gas, logs

# THREE - COOKING & SANITATION

## Cooking

- Camping stove (outdoor use only)
- Fuel
- Matches / lighters
- Simple pot / kettle

## Sanitation

- Toilet paper
- Wet wipes
- Hand sanitiser
- Bucket + bin bags
- Disinfectant

# FOUR - INFO & COMMUNICATION

## Information

- Battery / wind-up radio

## Comms

- Written emergency contacts
- Neighbour contact list
- Whistle

# FIVE – TOOLS & ACCESS

## Tools & Hardware

- Multi-tool / spanner
- Duct tape / cable ties
- Rope / string

## Safety & Emergency Gear

- Work gloves
- Fire extinguisher
- Emergency generator
- Emergency winter car kit

## Outdoor Essentials

- Grit / salt & shovel
- Wellington boots

# SIX – GRAB BAG (FOR EVACUATION IN A HURRY)

## Medical

- Prescription Medications & prescription hard copy
- Spare glasses

## Personal essentials & access

- Phone charger
- Torch
- Emergency contact numbers
- House / car keys
- Credit cards and some cash (£5–£20 notes)

## Essential Documents

on secure memory stick (or similar) **AND** physical copy

- ID
- Insurance policy details
- NHS numbers
- Bank details & passwords

# SEVEN – MAINTENANCE

## Maintenance

- Check emergency supplies every 6 months.
- Replace expired items
- Recharge / replace batteries
- Regular checks to smoke / carbon monoxide alarms.

Finally...

***“Let us hope for the best, but plan for the worst!”***