

# Putting together an **emergency** kit

With an emergency kit you are well prepared for the first 72 hours after a disaster or emergency. Putting together an emergency kit is often easier than you may think. You probably already have most of the items at home. Also consider your personal needs, and add items such as baby food, medicines and food for your pet.



Bottled water. You need about 3 liters per person per day.



Non-perishable food, such as nuts, canned vegetables and dried fruit.



Stay informed via a battery-operated radio and mobile with power bank.



Flashlight with extra batteries, candles and matches.



First aid kit with instructions for use.



Blankets to keep warm.



Whistle to let emergency services know where you are.



Cash.  
€70 per adult  
€30 per child



Tools, such as hammer, saw and nippers.



Disinfectant gel, toilet paper, wet wipes, sanitary napkin, toothpaste and toothbrush.



Copies of IDs and a list of important telephone numbers.



Spare keys to the house and car.

Personal items:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Store the items in a handy, easily accessible place. It is also handy to put a bag in this place, in case you suddenly have to leave your house. You can put things in there and easily take them with you. Think for example of your keys, ID and cash.

Check the emergency stock every six months to see if the products can still be kept.