

## Emergency backpack

**When a threat occurs, there is rarely time to take the most necessary things from home. It is worth preparing an "emergency backpack", that will allow to survive a few days in a crisis situation.**



**What should you pack? All the things you need most, especially:**

- documents, cash;
- filtering water bottle with a new filter;
- supply of food for two days;
- knife, cutlery set, can opener;
- lighter / matches;
- flashlight with battery backup;
- battery operated radio with battery backup;
- map, compass / GPS;
- dust masks;
- soap / disinfectant gel;
- whistle;
- first aid kit;
- pliers, multi-tools;
- pencil and notebook;
- sleeping bag, rain jacket, change of clothes;
- prepare a shatterproof neck tag for the children with their name, date of birth and address.

### Stock up on food

We never know what dangers we will face, so for your own safety, it is worth finding a place to prepare food supplies for two weeks of survival without leaving home.

### Checklists

It is also worth taking time creating checklists in case of an emergency. When we don't have a backpack ready and are just packing it, such lists will make our task much easier and improve our performance. **You will find a sample checklist on the second page of this leaflet.**



# Checklist



Emergency backpack		Packed?
1.	Documents + memory stick with their scans	
2.	Cash in various denominations, payment cards	
3.	Mobile phone + powerbank	
4.	Clothing, including underwear, rain jacket, socks, sturdy footwear, headgear	
5.	Sleeping bag or blanket	
6.	Filtering water bottle with a new filter	
7.	Food supply for two days, thermos	
8.	Knife, cutlery set, can opener	
9.	Map, compass / GPS	
10.	Dust masks	
11.	Gloves	
12.	Emergency whistle	
13.	Lighter / matches	
14.	Notepad, pen or pencil	
15.	Flashlight with spare batteries	
16.	Pliers, multi-tools	
17.	Damage-resistant child neck tag with name, date of birth and address	

## Also prepare:

Radio		Packed?
18.	FM radio with digital reception	
19.	Spare batteries	

First aid kit		Packed?
20.	Regularly taken medications	
21.	Painkillers	
22.	Skin disinfectants and sanitizers	
23.	Cold medicines	
24.	Diarrhea and dehydration remedies	
25.	Insect bite and sunburn soothing cream	
26.	Rubber bands, strings, tape, cable ties	

Hygiene products		Packed?
27.	Soap / disinfectant gel	
28.	Toothbrush and toothpaste	
29.	Toilet paper	
30.	Feminine hygiene products	
31.	Garbage bags	

