Emergency Kit – suggested contents

**For further advice on being prepared for emergencies see** [**https://ready.scot/**](https://ready.scot/)

**You should have enough food and water and some essentials at home for at least 3 days (72 hours).**

Whether you have to stay in or get out, packing a small emergency kit will help you get through. Keep it in a safe place at home where you can reach it easily.

Your kit should be kept in a waterproof bag and the **top things to include are:**

* Battery radio with spare batteries, or a wind-up radio
* Battery torch with spare batteries, or a wind-up torch
* Mobile phone charger (if reliant on car for this ensure enough fuel in tank!).
* First aid kit
* Important documents like birth certificates and insurance policies
* Bottled water, ready-to eat food that won’t go off and a can-opener too.
* Spare keys to your home and car
* Spare glasses or contact lenses.
* Essential medication (and details of medication)
* Essential Toiletries
* Pencil and paper, penknife, whistle
* Formula / baby food (if applicable)
* Pet supplies (if appliable)

If you have to leave your home and there is time to gather them safely, you should also think about taking:

* A local map / or ability to charge phone in car for GPS (but mobile signal may be out)
* Cash and credit cards
* Spare clothes and blankets
* Games, books, a child’s special toy
* Pets
* Car battery jump leads (or be in car)