SURVIVE WITH PIP

PIP'S 3 DAY LIST

Okay, sit down. One day the power, the water or the shops stop for a bit. Help comes, but it goes first to the people who need it most. So your job is simple: **be fine on your own for 3 days.** Tick the boxes.



WATER

- [ ] **Bottled water for 3 days**
  3 litres per person, per day. That is only for drinking. Cooking and washing need more.

  People _____ × 9 litres = _____ litres

FOOD

- [ ] **Food that keeps, for 3 days**
  No fridge and no cooking needed: tinned meat, fish or vegetables, dried fruit, nuts. Buy food you already eat.

LIGHT AND WARMTH

- [ ] **Torch and spare batteries**
  Not candles. A torch is safer.
- [ ] **Blankets, sleeping bags, warm clothes**
  A home gets cold very quickly when the heating goes off.

NEWS AND POWER

- [ ] **FM radio, battery or wind up**
  Write down the stations you use for news:

  _____
- [ ] **Power bank, charged**
  For phones, or medical devices it can charge.

CLEAN

- [ ] **Hand sanitiser, wet wipes, bathroom things**

MONEY AND PAPERS

- [ ] **Cash, coins and notes, and your cards**
  Card payments and cash machines can stop working.
- [ ] **Paper copies of your documents**
  Passport, birth certificate, insurance details, instructions for any medical equipment.
- [ ] **Phone numbers, on paper**
  Who you would call, who needs checking on, and a list of regular medicines with the doses.

HEALTH

- [ ] **First aid kit**
  Waterproof plasters, bandages, thermometer, antiseptic, eyewash, sterile dressings, gloves, medical tape, tweezers.
- [ ] **The medicines you rely on**
  Ask for a repeat prescription up to 5 working days before you run out.

BABIES AND PETS

- [ ] **Ready to feed baby formula, nappies, wipes**
  You may not be able to boil water for the powder kind.
- [ ] **Pet food and bottled water**

AND THEN

- [ ] **Swap numbers with a neighbour**
  Agree who checks on who if the phones are down.
- [ ] **Check the dates every six months**
  Next check: _____



You do not need it all today. Look in your cupboards first, then add one or two things each time you shop. **I'm Pip. You're welcome.**

IN IMMEDIATE DANGER, CALL 999 · @SURVIVEWITHPIP

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