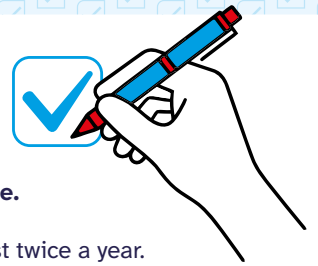


My 72-hour checklist



Be prepared in advance so you can be self-sufficient if you need to take shelter or evacuate.

This list includes the essentials. Make sure to **adapt** it to your household's specific needs (for example, based on your family composition and health needs) and **check** expiry dates at least twice a year. Keep your kit in a safe, easily accessible location known to all the members of the household.

Eating and drinking

-  ☐ Water: at least **3 litres per person** per day
-  ☐ Non-perishable, easy-to-eat food.
Remember your pets too.
-  ☐ Basic tools: multifunction pocketknife, tin opener, pair of scissors, ballpoint pen, etc.
-  ☐ A portable stove, preferably gas-powered (with refills). **Use it responsibly and carefully and beware of carbon monoxide poisoning!**
-  ☐ Empty containers (such as bottles)

Staying warm

-  ☐ Sleeping bags and/or blankets

Lighting

-  ☐ A pocket torch or head torch with two sets of spare batteries or a wind-up (dynamo) torch
-  ☐ Candles with matches or a lighter.
Use them responsibly and carefully!

Medical

-  ☐ First aid kit: bandages, gauze pads, disinfectant, paracetamol, etc.
-  ☐ Prescription medicines
-  ☐ Wet wipes, toilet paper and disinfectant gel
-  ☐ Potassium iodide tablets.
(Available from your municipal administration.)
Take them only when instructed to do so by the authorities.

Taking care of yourself

-  ☐ Personal hygiene products
-  ☐ Spare clothes and shoes (to suit the season)

My personal items:

- ☐
- ☐
- ☐

Staying informed, staying in touch

-  ☐ Battery-powered or wind-up radio (FM and/or DAB+).
The car radio can be used as an alternative
-  ☐ External battery (power bank) and compatible cables
-  ☐ Phone and laptop chargers

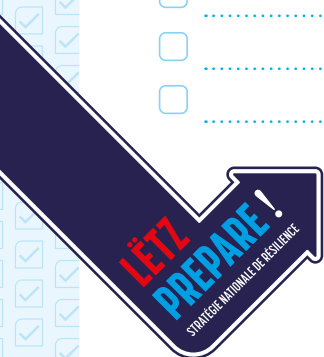
Documents

-  ☐ Copies of identity documents, insurance documents and any other important documents (driving licence, passport) kept in a waterproof pouch
-  ☐ Personal emergency plan
-  ☐ List of useful phone numbers (family, friends, doctors, emergency numbers, etc.)
-  ☐ Cash

In The event of an evacuation, I'll remember to take:

-  ☐ One or two bottles of water
-  ☐ Current medication and any prescriptions
-  ☐ Biscuits, nuts or energy bars
-  ☐ A mobile phone with its charger and cables
-  ☐ A wallet containing identity documents, cash and credit cards and important documents
-  ☐ House and car keys
-  ☐ Power banks
-  ☐ Your personal emergency plan
-  ☐ List of useful phone numbers (family, friends, doctors, emergency numbers, etc.)
-  ☐ First aid kit
-  ☐ Essential hygiene products

Ensure your emergency grab bag remains light and easy to carry.



Download the guide as well as the **personal emergency plan**. Available in multiple languages in accessible versions.



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG