

Checklist

Your needs vary depending on your situation in life. These are general instructions for preparing for emergencies and disasters. Check what is appropriate for your situation. It can also make sense to buy and share things with others. Any preparation counts!

Food and drink

Drinking water:
2 litres per person per day:

3 days

5 days

7 days

10 days

Durable food for
all persons for:

3 days

5 days

7 days

10 days

Alternative cooking facilities
(such as a camping stove or
gas barbecue)

Fuels for cooking facilities
(such as gas)

Food supplies for pets

Information/communication

Solar- or battery-powered
radio incl. batteries or hand-
crank radio

Warning app installed
(such as NINA)

Charged power bank

List of important telephone
numbers on paper

Light and warmth

Torch and spare batteries

Candles and lighter

Warm clothing and blankets

Sleeping bags

Heating source independent
of the mains
(such as gas heaters, paraffin
stoves, ethanol fires)

Fuels for heating source

Medicine cabinet

Painkillers

Antipyretics

Clinical thermometer

Wound disinfectant

Skin disinfectant

Plasters and bandages

Remedies for diarrhoea, vomiting and nausea

Burn, wound and healing ointment

Electrolytes to compensate for fluid loss

Remedy for sunburn and insect bites

Gel for cooling and reducing swelling for minor sports injuries

Decongestant nasal drops or nasal spray

Dressing for burns

Disposable gloves

Cold compress

Tweezers

Scissors

Remedies for cold symptoms

Personal medication

Emergency bags

Warm clothing, rain protection and sturdy shoes

Change of clothes

First aid materials

Personal medication

Charged power bank

Toiletries

Durable food and refillable drinking bottle

Folder with important documents

Sleeping bag or blanket

Tableware

Pocket knife and tin opener

Torch

Battery- or solar-powered radio or hand-crank radio

Lighter or matches

Sun cream and head protection

Notepad and pen

Work gloves

Replacement assistive technology such as glasses or hearing aids

Cash

Fire protection

Smoke detectors

Fire extinguisher /
fire extinguisher spray

Carbon monoxide detector

Hygiene

Toothpaste, toothbrushes

Soap

Personal toiletries (such as
feminine hygiene products,
nappies)

Bin liners, including large and
sturdy ones for hanging in the
toilet

Toilet paper

Disinfectant

Detergent

Wet wipes

Paper towels

Household gloves

Camping toilet

Miscellaneous

Water container, for fire-
extinguishing water or raw
water

Face mask, for protection
against viruses, bacteria and
hazardous substances in the
air (FFP2)

Safety helmet, for protection
against flying debris

Cash (in addition to that in
emergency bags)

Own additions

[illegible]

Own additions

[illegible]

The **Federal Office of Civil Protection and Disaster Assistance (Bundesamt für Bevölkerungsschutz und Katastrophenhilfe, BBK)** is your **reliable partner for emergency planning and self-protection**. Further information can be found on our homepage:

www.bbk.bund.de/vorsorge



Federal Office
of Civil Protection and
Disaster Assistance