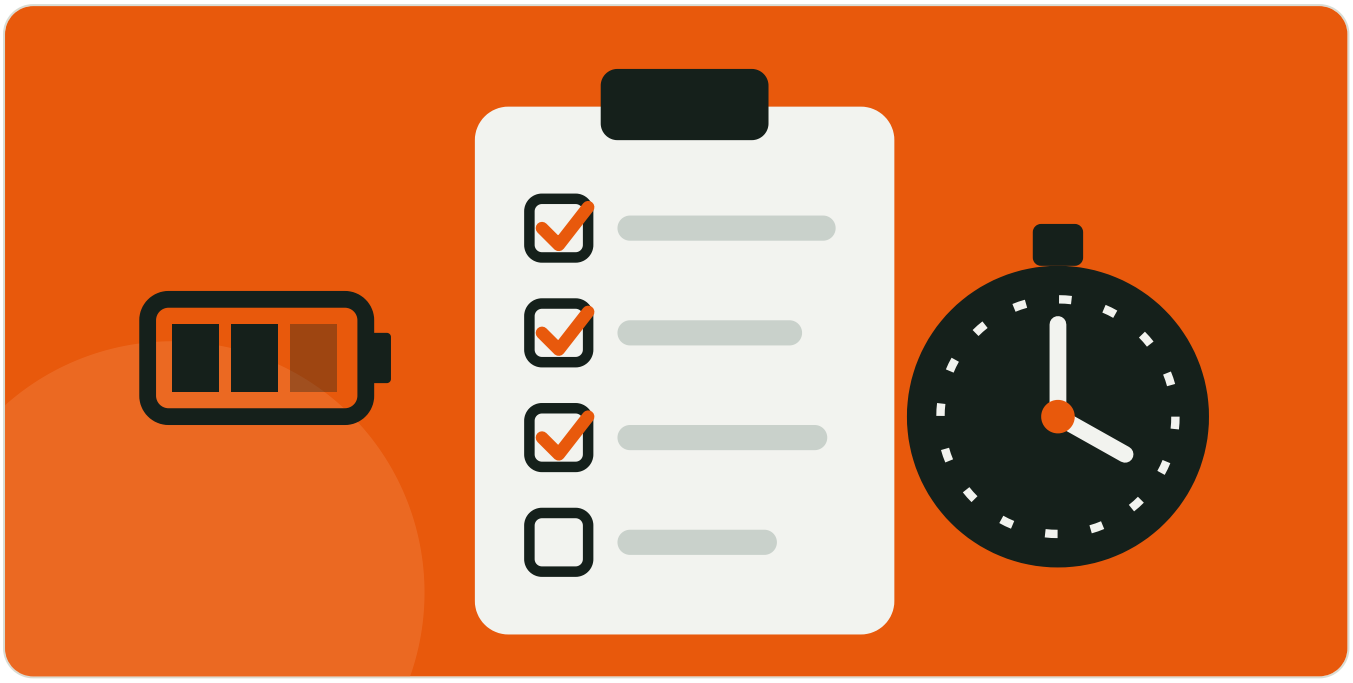
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HOME · S00 · GETTING STARTED

# 72 HOURS

A free home crisis plan — what to prepare, how to agree on a plan, and what to do in the first hour

A4 · PRINT VERSION
11 CHAPTERS · 6 APPENDICES
LANGUAGES: BALKAN · EN · DE · ES · FR · PT · TR · AR
BALKAN = BIH · HR · SRB · MNE

STAYSAFE72

ABOUT THIS GUIDE

# THREE DAYS THAT CHANGE EVERYTHING

Most crises don't start with a big bang. They start quietly: the power goes out, the tap water runs cloudy, a river overflows its banks overnight, or a building shakes at six in the morning. Help almost always comes — but not right away. For the first few days, your family is its own first line of safety. People in our region learned this in the 2014 floods in Bosnia and Serbia, in the 2020 earthquakes in Zagreb and Petrinja (Croatia), and the older generations learned it much harder, during the war of 1992–1995.

This guide is not about fear. It is a simple plan for one weekend: what to buy, where to keep it in your home, how to agree on a plan with the people you live with, and what to do in the first hour when something goes wrong. When you finish, you will have what the European Union recommends for every household — and more peace of mind.

IN SHORT

- The EU recommends that every household be able to live for **72 hours** without power, tap water or shops.
- The basics: **4 liters (about 1 US gallon) of water per person per day**, no-cook food, light, a radio, medicines, cash and documents.
- Agree on a **family plan**: who calls whom, and where you meet if the phone network is down.
- A starter kit for one person costs roughly **€30–60 (≈ $35–70)** — you don't have to buy everything at once.
- **The first 72 hours matter most** — so make the plan today, not in the middle of a crisis.

| 72 HOURS | 2 WEEKS | 3 MONTHS | 1 YEAR+ |
|---|---|---|---|
| covered by this guide | | | |

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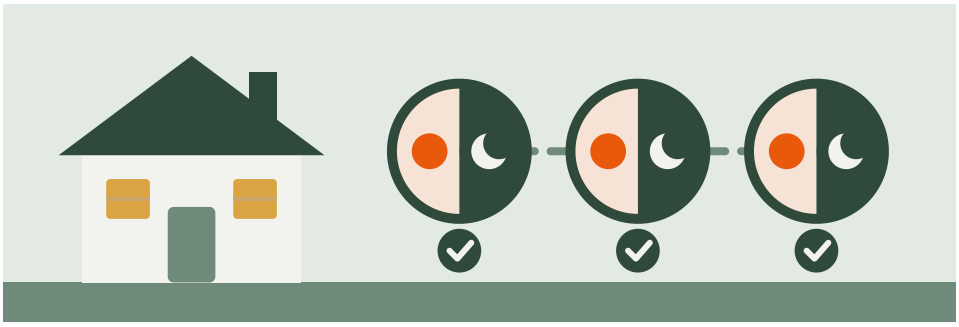
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01 · CHAPTER

# WHAT THE 72-HOUR RECOMMENDATION MEANS



In 2025 the European Commission presented its *Preparedness Union Strategy*. One of its key messages is simple: **every household should be ready to cope on its own for at least 72 hours** in a crisis. The Red Cross, civil protection agencies and organizations such as the U.S. Federal Emergency Management Agency (FEMA) have been giving similar advice for years.

**72 h**
on your own, without power, tap water or shops

**12 L**
of water per person for **3 days** (4 L a day)

**9 meals**
per person for 3 days + snacks

Why exactly three days? Because that is roughly how long it takes emergency services to organize help for a large number of people at the same time. During that period, firefighters, ambulances and civil protection have more urgent work — the injured, the trapped and those in danger. If you are prepared, you don't add to the strain on the system, and you can help your neighbor.

## What "Self-Sufficient" Means

| What you might lose | What you need then |
|---|---|
| Power | Light, a battery radio, a charged power bank, no-cook food |
| Tap water | A supply of water for drinking and minimal hygiene |
| Shops and ATMs | Food for 3 days, cash in small bills |
| Mobile network and internet | A paper contact list, an agreed meeting place |
| Pharmacy and doctor's office | The medicines you take regularly, basic first aid |

TIP

Don't think "disaster". Think of **a long weekend without power and water**. Everything you would need for a weekend like that — that is your 72-hour kit.

### A Kit Is Not a Backpack

This guide is about **home supplies** — how to stay at home and stay safe. An evacuation backpack (a "bug-out bag") is a different topic and has its own guide. Still, it is a good idea to keep the most important things (documents, medicines, a flashlight, a power bank) in one place, in a box or bag you can grab within a minute if you have to leave.

02 · CHAPTER

# WATER AND FOOD FOR THREE DAYS



### Water

Plan for **at least 4 liters (about 1 US gallon) per person per day**: 2–3 L for drinking, the rest for preparing food and minimal hygiene. For three days that is **12 liters (about 3 gal) per person**.

| Household members | Water for 72 hours | E.g. in bottles |
|---|---|---|
| 1 | 12 L | 2 packs of 6 × 1.5 L (18 L) |
| 2 | 24 L | 3 packs (27 L) |
| 3 | 36 L | 4 packs (36 L) |
| 4 | 48 L | 6 packs (54 L) |

Store-bought bottled water is the simplest option — the shelf life is printed on the package. Keep it in a dark place, away from detergents and paint. Add water for your pets (a medium-sized dog needs about 1 L a day).

FROM EXPERIENCE

As soon as you hear that the water will be shut off, or see the river rising, **fill the bathtub and all your large pots**. Bathtub water is for non-drinking use (toilet, washing), but it saves your drinking supply. How to store, filter and disinfect water is covered in detail in the *Water* guide (S01).

### No-Cook Food

For the first three days, choose food that **needs no cooking and no refrigeration**, and that your family already eats. This is not the time to experiment — children under stress won't eat something they have never tried.

| Group | Examples from any supermarket | Note |
|---|---|---|
| Protein | tuna, sardines, meat spread (pâté), canned luncheon meat, canned beans or chickpeas | choose ring-pull lids |
| Carbohydrates | rusks, crackers, vacuum-packed bread, tortillas, muesli | rusks keep for months |
| Energy | peanut butter, nuts, chocolate, energy bars | little space, lots of calories |
| Fruit and vegetables | fruit in syrup, canned fruit, dried fruit, canned sweet corn | the syrup from canned fruit is also a drink |
| Dairy | UHT milk (small cartons), processed cheese in a box | once opened, use it right away |
| Other | juice in cartons, cookies, instant coffee sachets, tea, sugar | morale matters — coffee is a supply too |

As a rough guide, an adult needs about **2,000 kcal a day**. You don't need to count calories for three days — it is enough to have **3 meals a day + snacks** for each person.

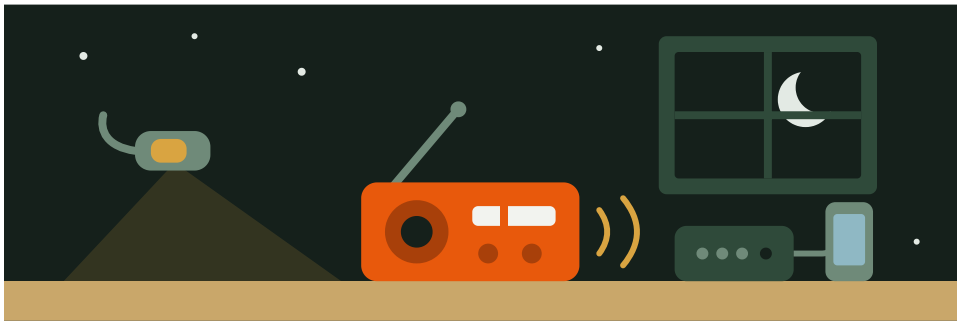
### Don't Forget

- **A manual can opener** — even if your cans have ring-pull lids.
- Paper plates, cups, plastic cutlery and trash bags — they save water for washing up.
- Food for babies and children, special diets (gluten-free, diabetic), pet food.

> TIP
>
> When the power goes out, **eat from the fridge first**, then from the freezer, and only then from your supplies. A closed fridge stays cold for about 4 hours, a full freezer for about 48 hours (half-full, about 24). Don't open them unless you have to.

03 · CHAPTER

## LIGHT, POWER AND NEWS



When the power goes out, the first problem isn't food — it is darkness and silence. You don't know what is going on, your phone drains quickly, and the children get scared.

### Light

- **A headlamp** for every adult — it keeps your hands free.

- **An LED table lamp or camping lantern** for the shared room.
- Spare batteries (check which sizes you need: AA, AAA).
- Candles only as a last resort, **never unattended**, away from curtains and children.

> WARNING
>
> **Never** use a barbecue grill, an unvented gas heater, a generator or a camping stove for heating indoors. Carbon monoxide (CO) has no color and no smell, and it kills in your sleep. When cooking on a gas stove, open a window — and if you use any kind of open flame in your home, get a battery-powered **CO detector**.

### Power for Your Phone

- **One 20,000 mAh power bank** per household charges an average phone 3–4 times. Keep it charged and top it up every 3 months.
- A cable for every phone in the house (USB-C, Lightning…).
- A car charger (12 V) — the car is a backup charger, but **run the engine only outdoors**, never in a closed garage.
- When the power goes out: dim the screen, turn on battery saver, close apps you don't need.

### Radio — Your Window to the World

When the mobile network and internet go down, **radio** often keeps working. Local and public radio stations broadcast civil protection announcements, where the water trucks are, and which roads are closed.

- A small **battery radio**, or a hand-crank (dynamo) radio with a solar panel.
- Write the frequencies of your local and public radio stations on paper and tape them to the radio (Appendix E · p. 20).

> FROM EXPERIENCE
>
> During the 2014 floods in Bosnia and Serbia, many people got their news from car radios and from neighbors. People with a battery radio became the "information center" for the whole building.

04 · CHAPTER

# MEDICINES, HYGIENE AND FIRST AID

### Medicines

For many families this is the most important item — especially if someone has a chronic illness.

- Keep a supply of the medicines you take regularly for **at least 7 days** beyond your usual amount. Talk to your family doctor about how to arrange this legally and safely.
- A copy of your prescription or a list of your medicines (name, strength) on paper.
- Basic medicines for pain and fever, allergies and digestion — **always dose according to the package leaflet or your pharmacist's advice**.

- Medicines that need refrigeration (e.g. insulin): ask your pharmacist how to store them if the power goes out, and get an insulated cooler bag.

> **WARNING**
> Don't change doses on your own, and don't "ration" prescribed medicines. If your supply is running low during a crisis, contact your doctor, pharmacy or emergency services in good time.

### First Aid

A small first-aid kit: adhesive bandages, sterile gauze, rolled bandages, an elastic bandage, antiseptic, scissors, tweezers, disposable gloves, a thermometer.

A store-bought car first-aid kit is a good start — just check the expiry dates and write them in your inventory (Appendix F · p. 21).



### Hygiene

- Wet wipes, hand sanitizer (at least 60% alcohol), soap, toothbrushes and toothpaste.
- Toilet paper, sanitary pads, diapers for babies and adults if needed.
- **Heavy-duty trash bags** — they can also serve as an emergency toilet (a bag in the bowl) when there is no water for flushing.
- FFP2 (N95-type) masks — also useful against dust after an earthquake.

05 · CHAPTER

## CASH AND DOCUMENTS

### Cash

When there is no power, ATMs, card terminals and online banking stop working. The small shop around the corner may still be open — but for cash only.

- Keep **enough cash at home for a few days of basic spending**, for example **€50–100 (about $50–100) per household**, or the equivalent in your currency (a rough guide).
- **Small bills** (5, 10, 20) — in a crisis, nobody has change.
- Keep it in an envelope, together with your documents, but not in plain sight.



### Documents

Put the following into one **waterproof folder or zip-lock bag**:

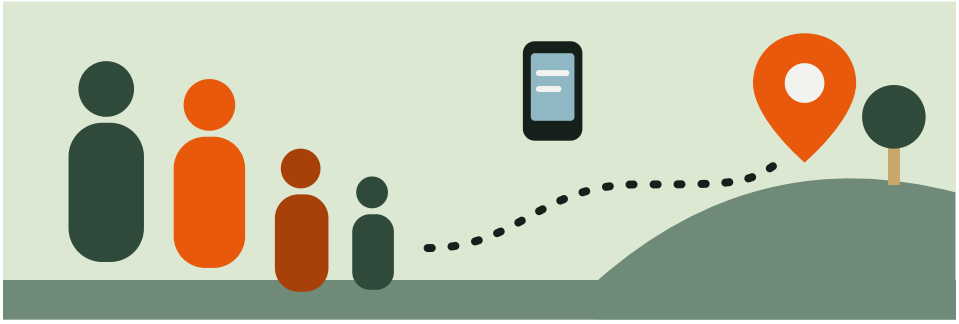
| What | How |
|---|---|
| ID cards, passports, driver's licenses | photocopies (keep the originals on you) |
| Birth certificates, marriage certificate | copies |
| Health insurance cards, medical reports, list of medicines | copies + a list of allergies |
| Property deed / lease, insurance policies | copies |
| List of important contacts | on paper (Appendix C · p. 18) |
| Spare keys to your home and car | in the same bag |

Also save all your documents to an **encrypted USB drive** or secure online storage that you can access from another device.

> FROM EXPERIENCE
>
> After the 2014 floods, many families spent months replacing documents because the originals had been ruined by water. Others, who kept copies in a bag on the top shelf of a closet, saved themselves a lot of time and stress.

06 · CHAPTER

# FAMILY PLAN AND MEETING PLACES



Equipment without an agreement is only half the job. A crisis often finds a family split up: the children at school, one parent at work, the other in town. Agree on a plan now, over coffee, while things are calm.

### Five Questions for a Family Meeting

1. **Who calls whom?** Decide on the order. If the network is down, send text messages — short texts often get through when calls don't.
2. **A contact outside your city.** A relative in another town whom everyone checks in with — local lines get jammed, while long-distance ones sometimes still work.
3. **A meeting place near home.** For example a street corner, a playground or the front of a shop — for when you have to leave the building (fire, earthquake).

4. **A meeting place outside your neighborhood.** For example grandma's house, a school, or a mosque or church on higher ground — for when you can't get home (flood, neighborhood closed off).
5. **Who picks up the children from school and daycare?** Check the school's rules and who is authorized to pick up your child.

Write the answers into the family contacts appendix (Appendix C · p. 18) and print a copy for every adult.

### Wallet Card

Make a small card for each family member with:

- the names and phone numbers of everyone in the household and of the contact outside the city,
- the addresses of both meeting places,
- blood type, allergies and medicines,
- the emergency numbers for the country you live in — there is a table in the local information card (Appendix E · p. 20).

> TIP
>
> Have the children learn at least one parent's phone number by heart. A phone runs out of battery or gets lost — memory doesn't.

### Don't Forget

- **Older neighbors and people with disabilities** — who will check on them?
- **Pets** — a leash, a carrier, food, a copy of the vaccination record.
- Where the **main water valve, gas valve and fuse box** are — and whether every adult knows how to shut them off.

07 · CHAPTER

## THE FIRST HOUR OF A CRISIS



In the first hour, your head is full of adrenaline. That is why it helps to know a few simple steps in advance. These are not complete instructions — just the most important things to start with. A short version for the fridge door is in the appendix (Appendix A · p. 16).

## Power Outage

1. Check whether the power is out only in your home (the fuse box) or in the whole building and street.
2. If it is dark, reach for a flashlight, not a candle.
3. **Unplug** sensitive devices (TV, computer, router) — there may be a power surge when the power comes back. Leave one lamp switched on so you know when it returns.
4. **Don't open the fridge and freezer** unless you have to.
5. Turn on the radio and switch your phone to battery saver.
6. In winter: dress in layers, gather in one room and close the doors to the other rooms.

## Flood

1. Follow civil protection announcements on the radio; if an evacuation is ordered — **leave right away**.
2. If it is safe and you are standing somewhere dry, **switch off the power** at the main breaker. **Never** touch electrical devices if you are standing in water or are wet.
3. Take your documents, medicines, water and food to an upper floor or the highest shelf.
4. **Don't walk or drive through moving water** — as little as 15 cm (6 in) of fast water can knock a person over, and about 30 cm (1 ft) can move a car.
5. Food and water that have touched floodwater must be thrown away.

## Earthquake

1. **Drop, cover and hold on** — under a sturdy table
2. When it stops: **put on shoes** (broken glass!), take your kit
3. **Smell gas?** Don't switch anything on, open a window, get out
4. Leave **by the stairs, never the elevator**
5. Text your household, then go **to the meeting place**

- While the ground is shaking, stay away from windows, wardrobes and hanging objects. Don't run down the stairwell while it is still shaking.
- If you smell gas, don't switch on lights, and don't use a lighter, matches or the elevator. Get out and call the gas company's emergency line.
- Outdoors, stay away from buildings, walls, chimneys and power lines.
- Expect aftershocks. Don't go back into a damaged building until an expert has inspected it.

FROM EXPERIENCE

In the Zagreb earthquake in March 2020, many people ran out into the street in slippers, in the cold, in the middle of the pandemic. Those who had shoes, a jacket and a bag with documents by the door coped much faster.

08 · CHAPTER

# SHOPPING LIST AND BUDGET



You don't have to buy everything in one day. It is best to spread your shopping over three weeks and add a few items to your regular grocery run.

The prices in this chapter are **rough estimates for 2026** and vary by country, city and store. You probably already have many of these things (flashlights, batteries, a home first-aid kit, a can opener) — don't buy them again. A priority checklist you can tick off is in the appendix (Appendix D · p. 19).

## The Three-Week Plan

1. **Week 1:** water and no-cook food
2. **Week 2:** flashlight, batteries, radio, power bank
3. **Week 3:** first aid, hygiene, documents, cash
4. **Weekend:** family meeting and personal plan

## Kit for One Person (72 Hours)

| Item | Quantity | Approx. € | Approx. $ |
|---|---|---|---|
| Bottled water | 12 L (2 packs) | 4–6 | 5–7 |
| Canned food (tuna, pâté, beans) | 6–8 cans | 8–13 | 9–15 |
| Rusks, crackers, muesli | 3–4 packs | 4–6 | 5–7 |
| Peanut butter, nuts, dried fruit, chocolate | your choice | 5–8 | 6–9 |
| UHT milk, juice, canned fruit | 3–4 items | 3–5 | 3–6 |
| Wet wipes, hand sanitizer, trash bags | basic set | 4–6 | 5–7 |
| Flashlight + batteries | 1 | 5–13 | 6–15 |
| **Total (without shared equipment)** | — | **≈ 33–57** | **≈ 38–66** |

### Shared by the Household (One-Time)

| Item | Approx. € | Approx. $ |
|---|---|---|
| Battery or hand-crank radio | 13–30 | 15–35 |
| 20,000 mAh power bank + cables | 15–30 | 17–35 |
| First-aid kit | 10–20 | 12–23 |
| Manual can opener | 2–4 | 2–5 |
| Waterproof document folder | 3–5 | 3–6 |
| CO detector (if you have a gas stove or heater) | 15–30 | 17–35 |
| **Total** | **≈ 55–120** | **≈ 65–140** |

For a family of four, a starter kit costs about as much as one big grocery run — **roughly €180–330 (≈ $210–380)** if you start from zero.

> TIP
> Buy only what you normally eat. Six months later you eat those cans and cookies as part of your everyday cooking and put new ones in their place. That way your supplies never go to waste.

09 · CHAPTER

# WHAT NEXT: FROM 72 HOURS TO A YEAR

Three days are the foundation. Once you have them, the rest falls into place like building blocks — step by step, without a big expense all at once. This guide covers **only the first level**; the other levels have their own guides.

| Level | Duration | What you add | Guides |
|---|---|---|---|
| **1** | 72 hours | This guide: water, no-cook food, light, radio, medicines, documents | *72 Hours* (S00) |
| **2** | 2 weeks | ~56 L (15 gal) of water per person, a gas stove, basic cooking staples, warm bedding | *Water* (S01), *Food Storage* (S02) |
| **3** | 3 months | Larger food packs, rotation and inventory, a power station, backup heating with a CO detector | *Food Storage*, *Off-Grid Power* |
| **4** | 1 year+ | Long-term storage, home canning, a garden and seeds, your own water source | *Home Canning*, *Garden*, *Long-Term Storage* |

Each level builds on the one before. You don't have to go all the way — for most city families, **two weeks** is a very good and realistic goal.

FROM EXPERIENCE

Our grandmothers didn't call it "prepping" — they called it the *špajza*, the pantry. Jars of home-canned vegetables, a sack of flour and a tin of lard were a normal part of every home. This project simply brings that habit back into the modern apartment.

10 · CHAPTER

# THE MOST COMMON MISTAKES

- ✕ Store-bought "survival food" that nobody in the house actually eats.
- ✕ Unattended candles, a grill or a generator indoors — fire and carbon monoxide.
- ✕ A power bank and batteries bought once and never recharged.
- ✕ "Just in case" medicines that have expired, while there isn't enough of the regular prescription.
- ✕ All contacts stored only in the phone — when it dies, you don't have a single number.
- ✕ Only one person in the household knows the plan.
- ✕ Documents and supplies in the basement or on a ground-floor floor — the first things a flood destroys.
- ✕ A kit packed once and forgotten — expired dates, old water.

11 · CHAPTER

# PRINTABLE CHECKLIST

You don't need everything. What matters is having a **basic plan** and **one backup option** in case the basic one doesn't work.

## Essential — the Basic Plan

- [ ] At least **12 L of water per person** plus water for pets (ch. 02 · p. 5)
- [ ] No-cook food for **3 days** for everyone + a manual can opener
- [ ] A flashlight for every adult and spare batteries (ch. 03 · p. 6)
- [ ] Regular medicines for at least 7 extra days + a list of medicines and allergies (ch. 04 · p. 7)
- [ ] Cash in small bills and copies of documents in a waterproof folder (ch. 05 · p. 8)
- [ ] An agreed contact outside the city and two meeting places (ch. 06 · p. 9)
- [ ] Personal plan and family contacts filled in (Appendix B · p. 17)

## Backup Option — Choose at Least One

When the network goes down, your phone is no longer a source of news or a link to your family. Choose at least one thing that **doesn't depend on the network or a power outlet**.

- [ ] A battery or hand-crank radio, with the frequencies written on it
- [ ] A charged 20,000 mAh power bank + cables for every phone
- [ ] A car charger (12 V) — engine running outdoors only
- [ ] A paper contact card in every wallet and school bag

## Expansion — Once You Have the Basics

- [ ] A CO detector (if we use an open flame indoors) and a first-aid kit
- [ ] Digital copies of documents and spare keys
- [ ] Next goal: supplies for **2 weeks** (ch. 09 · p. 13)

## Knowledge

- [ ] All adults know where the water and gas valves and the main breaker are
- [ ] Everyone knows what to do in the first hour of a crisis (ch. 07 · p. 10)
- [ ] The children know at least one parent's number by heart
- [ ] A kit check is in the calendar: spring and fall (Appendix F · p. 21)

APPENDIX A

# POWER OUTAGE, FLOOD, EARTHQUAKE — WHAT FIRST?

Print this page and tape it to the inside of a cabinet door or to the fridge. Each step points to the chapter with details.

## Power Outage

1. **Flashlight, not a candle.** Check the fuse box: just your home, or the whole street? ch. 07 · p. 10
2. **Unplug sensitive devices**, leave one lamp switched on. Don't open the fridge or freezer.
3. **Radio and battery saver** on your phone. ch. 03 · p. 6
4. **Never a grill, generator or unvented heater indoors** — CO kills in your sleep.

## Flood

1. **Follow civil protection.** When an evacuation is ordered — leave right away.
2. **Switch off the power only if you are standing somewhere dry.** If you are wet — don't touch anything electrical.
3. **Documents, medicines, water and food — upstairs.** ch. 05 · p. 8
4. **Don't walk or drive through moving water.** Food that touched floodwater goes in the trash.

## Earthquake

1. **Drop, cover and hold on** while it shakes. When it stops — put on shoes.
2. **Smell gas:** don't switch anything on, open the windows, get out and call the gas emergency line.
3. **Stairs, never the elevator.** Outdoors, stay away from buildings and power lines.
4. **Text your household** and go to the agreed meeting place. Appendix C · p. 18

APPENDIX B

# PERSONAL 72-HOUR PLAN

Fill it in with a pen or directly in the PDF. Update the plan when the number of people, a treatment or your address changes.

Household / address

Number of people (adults + children)

Pets (type, number)

Where the 72-hour kit is kept

Date the plan was made

## Needs per Person

| Household member | Water for 3 days (L) | Meals for 3 days | Regular medicines and doses | Special needs |
|---|---|---|---|---|
| Example: adult | 12 | 9 + snacks | blood pressure pill, 1 a day | spare glasses |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Pets | | | | |

## Who Is Responsible for What

Water and food — buys them and checks the dates

Flashlights, batteries, radio, power bank

Medicines and first-aid kit

Documents and cash

Checking on older neighbors

Kit check (spring / fall)

APPENDIX C

# FAMILY CONTACTS AND MEETING PLACES

Print one copy for every adult and one for the fridge. Cut out a short version for the children's school bags.

| Name | Mobile | Where during the day (work, school) | Blood type / allergies |
|---|---|---|---|
| Example: Mom | xxx xxx xxxx | work, downtown | A+, penicillin |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Contact outside the city — name and phone

Meeting place near home

Meeting place outside the neighborhood

Who picks up the children from school / daycare

Backup person for the children

Who checks on older neighbors / people with disabilities

Where the main water valve, gas valve and fuse box are

TIP

Agree on a rule: **if the network is down, everyone sends a short text to the contact outside the city** ("I'm OK, going to place 2"). That relative collects the news for the whole family.

APPENDIX D

# SHOPPING BY PRIORITY

Don't buy everything at once. Start with the first level — move to the next only once you have it. Prices are **rough estimates** (2026) and vary by country, city and store.

My budget this month

Spent so far

## 1. Basics — the First Three Weeks

- [ ] Bottled water, 12 L per person (≈ €4–6 / $5–7 per person)
- [ ] No-cook food for 3 days (≈ €20–30 / $23–35 per person)
- [ ] Manual can opener (≈ €2–4 / $2–5)
- [ ] Headlamp + batteries (≈ €5–13 / $6–15)
- [ ] Battery or hand-crank radio (≈ €13–30 / $15–35)
- [ ] 20,000 mAh power bank + cables (≈ €15–30 / $17–35)
- [ ] Wet wipes, hand sanitizer, trash bags (≈ €4–6 / $5–7)
- [ ] Waterproof document folder (≈ €3–5 / $3–6)

## 2. Useful Expansion

- [ ] First-aid kit (≈ €10–20 / $12–23)
- [ ] Battery-powered CO detector (≈ €15–30 / $17–35)
- [ ] LED camping lantern for the shared room
- [ ] Paper plates, cups and cutlery
- [ ] FFP2 (N95-type) masks and disposable gloves

## 3. For Special Situations

- [ ] Baby food and supplies (2 weeks)
- [ ] An insulated cooler bag for medicines that need refrigeration
- [ ] A pet carrier and pet food for 3 days
- [ ] A car charger (12 V)
- [ ] Spare glasses or contact lenses

APPENDIX E

# LOCAL INFORMATION CARD

Fill it in once, print it and keep it next to the fuse box and in your wallet. Check the numbers on the official websites of your local authority, power company and water utility.

Local emergency management office — phone

Power company — 24/7 number for outages

Water utility — 24/7 number for outages

Gas company — emergency number (if you have gas)

Nearest health center / emergency room — address

Local radio station (name and frequency)

Public radio station (name and frequency)

Official alert app / text service

Contact person outside the city

Your local emergency number

## Emergency Numbers

| Where | Emergency number | Note |
|---|---|---|
| European Union and most of Europe | 112 | Works from any mobile phone, free of charge |
| United States, Canada | 911 | |
| United Kingdom | 999 | 112 also works |
| Australia | 000 | 112 works from mobile phones |
| Bosnia and Herzegovina, Serbia, Montenegro | 112 only in Montenegro | Ambulance 124 / 194, police 122 / 192, fire 123 / 193 |

APPENDIX F

# KIT INVENTORY AND EXPIRY DATES

One row for each item that expires or runs down. Review it in spring and fall — top up the power bank, check the batteries and replace whatever is about to expire.

| No. | Item | Quantity | Where it is | Expires / replace | Checked |
|---|---|---|---|---|---|
| 1 | Example: 1.5 L bottled water | 12 bottles | hallway closet | 10/2027 | 10/2026 |
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TIP

Things that **don't spoil but do run down** — the power bank, the batteries in your flashlight and radio — should be logged with the date they were last charged or replaced. These are exactly the things that most often let you down when you need them.

# SOURCES


- European Commission — *Preparedness Union Strategy* (2025), recommendation on household self-sufficiency for at least 72 hours.
- International Federation of Red Cross and Red Crescent Societies (IFRC) and national Red Cross and Red Crescent societies — materials on household disaster preparedness.
- U.S. Federal Emergency Management Agency (FEMA), Ready.gov — *Build a Kit*, *Make a Plan*, guidance on floods, earthquakes and power outages.
- U.S. Department of Agriculture, Food Safety and Inspection Service (USDA FSIS) — *Keep Your Food Safe During Emergencies* (fridge and freezer during a power outage).
- U.S. Centers for Disease Control and Prevention (CDC) — information on carbon monoxide poisoning and prevention.
- National civil protection and emergency management agencies; UK Government — *Prepare for emergencies* — local guidance and emergency numbers.


**Expert content review** **[DATE] · [EXPERT / INSTITUTION]**

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**THE FIRST 72 HOURS MATTER MOST.**

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