

GREEN, AMBER & RED

GOOD DAY, TIRED DAY, BAD DAY

Plan for the energy you'll have, not just the stuff, so there's always something you can manage, even on your worst day.

Why this matters. In an emergency you get tired, cold and hungry, and sometimes ill or hurt. The jobs don't get easier, but you get less able to do them.

What to do. For each need below, have a way that suits each kind of day. Do the harder jobs while you're well, and keep your bad-day kit stocked. It's the one you'll need most.

	 GREEN GOOD DAY Well, fed and warm HARDER JOBS OK	 AMBER TIRED DAY Tired or stressed KEEP IT SIMPLE	 RED BAD DAY Ill, hurt, cold or worn out NO EFFORT NEEDED
 Water	☐ Filter water Fetch it, then filter or treat it.	☐ Stored tap water Fill a cup from your container.	☐ Small bottles by bed Just open and drink.
 Food	☐ Cook from scratch Mix, knead and bake bread.	☐ Simple hot meal Boil pasta or rice.	☐ Ready-to-eat food Open a tin or pouch and eat it cold.
 Warmth	☐ Light a fire Collect wood, light it and keep it going.	☐ Hot water bottle Boil water on the hob or camping stove, fill, wrap.	☐ Sleeping bag Get in and stay warm.
 Light	☐ Candle lantern Light it and never leave it alone.	☐ Rechargeable lantern Switch on. Charge it while you can.	☐ Head torch by bed Put it on and press the button.
 Clean	☐ Strip wash Warm a pan of water, wash with a flannel.	☐ Wet wipes Quick wipe down, no water needed.	☐ Hand gel by bed Clean hands before you eat.

Tick each one once it's in your kit. Aim for a tick in every column, **especially bad day**. Keep bad-day kit within reach of your bed.

RULE 1 Save your bad-day kit for bad days. If you're well, use the green options first.

RULE 2 Feeling worse? Switch to the easier column straight away. No prize for pushing on.

