

P9

Twice a year, sit down together for twenty minutes and go through this list.

When: the weekends the clocks change – late March and late October. Put both in your calendar now.

 CHECK THE KIT

- ☐ Does everyone know the three meeting points? (P2)
- ☐ Are all phone numbers still right? (P2)
- ☐ Any new medicines, allergies or needs? (P5)
- ☐ School, work or pickup changes? (P4)
- ☐ Pets – food, meds, carrier still fit? (P6)
- ☐ Walk or drive one route out together (P3)
- ☐ Who does what if the power goes off?
- ☐ Still a bad-day option for water, food, warmth, light and keeping clean? (P1)

- ☐ Check use-by dates – food, water, tablets (F3)
- ☐ Eat and replace anything close to its date
- ☐ Restock the first aid kit
- ☐ Test torches, radio and head torches
- ☐ Charge power banks and batteries (L2)
- ☐ Check grab bags still fit and are complete (P8)
- ☐ Documents in date, copies in bags? (P7)
- ☐ Practise one skill – a knot or the ferro rod (T1, T2)

Keep it short. Make it a routine, not a lecture. Let children tick the boxes and test the torches.

- ☐ Test smoke and carbon monoxide alarms (and monthly too)
- ☐ Find the stopcock, gas and electric switch (H1)
- ☐ Check flood warnings sign-up (H2)
- ☐ Emergency Alerts still on in everyone's phones? (P3)
- ☐ Autumn: winter prep (H3)
- ☐ Update this folder and reprint changed sheets

[illegible]