

PREPARING FOR AN EMERGENCY

Humanity First
Serving Mankind

Second Edition

PREPARING YOU AND YOUR FAMILY IN CASE OF AN EMERGENCY



WHY DO YOU NEED TO PREPARE?

Emergencies are common place in our world. Preparing you and your family in case of one can make an otherwise difficult situation easier to deal with.

An emergency can include many scenarios such as a local power failure, heavy rain, storms and floods.

This guide enables you to take the time to think about emergency planning and also help you to develop your own personal plan.

WHAT SHOULD YOU STOCK?

The purpose behind stockpiling essential items is to prepare in case the usual places where you shop have run out of stock due to supply shortages. Being prepared gives you time until the authorities return the situation to some sense of normality.

The key items to stock consist of food, household basics, sanitary items, basic medicines, first aid equipment as well as items for cooking, lighting, clothing etc.

FOOD

Your supplies should primarily consist of food and drinks that you and your family normally use.

Ensure that food can be stored for long periods even without refrigeration and that most of your supplies can also be eaten cold. Pay attention to the best before date. Mark food which doesn't have a label with the purchase date. You should keep food in a cool, dry and dark place. Ensure that the packaging is airtight. Newly purchased supplies go to the "back" of the shelf. Use up the older food first.

Below is a suggested list to last for approximately 2 months; based on a family of 4. The best list however, is one that suits you and your family.

Rice	35Kg
Flour	35Kg
Pasta	35Kg
Soups (Cans or Sachets)	30
Canned Meat (Long Life) (340 grams)	30
Dried Meat (pack) (1kg)	4
Canned Tuna (160 grams)	40
Canned Chicken (Long Life) (200 grams)	25
Canned Vegetables i.e. sweetcorn (Long Life) (400 grams)	20
Dried fruit including Dates (Kajoor) (1 Kg)	1
Nuts	500g
Lentils / Daal	10Kg
Beans (cans) (400 grams)	10
Cooking Oil (10l)	1
Cereals (750 grams)	5 boxes
Spreads - Peanut Butter / Nutella	2kg
Pitta Bread (6 pack) - replenish regularly	20
Formula milk (powder) or dried milk (for a baby)	2kg



WATER

A supply of water is essential. It is recommended that you store 4 litres of water per person per day.

4 litres comprises of 2 litres for drinking, 1 litre for cooking and 1 litre for sanitation purposes (per person).

Suggested drinks other than water are: mineral water, fruit juices, drinks which can be kept for a long time. Also give thought as to whether your children have needs for milk.

Thought should be given on how you can store large volumes of water. A water tank or multiple 5 litre bottles can be easily stored for example.

SANITATION

Antibacterial gels (hand sanitizer)	**10 pack**
Anti-bacterial spray i.e. Dettol	**2**
Carrier bags	**30**
Clothes washing detergents (pack)	**1**
Feminine Sanitary products (for 1 woman)	**4 packs**
Nappies for children (for one child)	**120 nappies**
Nappy sacks (pack of 200)	**1**
Soap	**10**
Sponges, cleaning cloths	**5**
Toilet rolls	**20**
Toothbrushes	**4**
Toothpaste	**2**
Wet Wipes (pack)	**20**
Disposable Gloves	
Rubbish Bags	

Having showers, cleaning our teeth and washing our hands every day is a daily routine for us. But what do you do when there is no warm water, or when cold water is only available for a few hours at a time? In an emergency, this may happen.

Even when there is a shortage of water, keeping on top of health and hygiene is very important. Keeping your hands clean can stop the spread of germs.

You should try to collect water in every available large container: bathtub, washbasins, buckets, pans, water canisters etc. Also remember water for flushing the toilet. Rainwater can also be collected and stored, provided it is sterilised appropriately.

Use water sparingly. In the event of a longer water shortage, if possible, use disposable cutlery and crockery, so that water does not have to be used for washing up.

Make water last longer with sterilising tablets or liquids. You can obtain these in camping stores. If there is a shortage of water, a camping toilet with a substitute fluid is a good alternative.

MEDICATION

Regularly check the medicine in your first aid kit. Expired medicines belong in the bin as they may not only lose their effect, but also become harmful.

First Aid Kit
Painkillers
Ibuprofen
Paracetamol
Co-codamol
Anti-histamine tablets
Buscopan (antispasmodic tablets)
Imodium Anti-diarrhoea medication
Dioralyte - for re-hydration (packs)
Antiseptic creams e.g. Savlon, Germolene
Water Purification Tablets

complementary remedies

The following remedies can be used for treating varying symptoms such as fear, anxiety, pain, fever, etc. *Always seek advice from a medical professional.*

ADVICE FOR RADIATION PROTECTION

One should complete the following course once a year as a precautionary measure.

Aged 16+
1. Carcinocin CM
2. Radium Bromide CM

Kids aged 10-15
1. Carcinocin 1000
2. Radium Bromide 1000

Kids aged 9 and under
1. Carcinocin 200
2. Radium Bromide 200

WEEK 1: Carcinocin
WEEK 2: Radium Bromide
WEEK 3: Carcinocin
WEEK 4: Radium Bromide
WEEK 5: Carcinocin
WEEK 6: Radium Bromide
Suck on 5-8 beads weekly, they will dissolve in your mouth.

Combination therapy in 200c
Aconite, Arsenic Alb and Gelsemium

Single therapy
Arnica 200c

However based on the type of symptoms you may experience, please speak to a homeopath for further advice.



RADIATION EMERGENCY: WHAT TO DO

GET INSIDE

- Move indoors as quickly as possible
- Choose buildings with thick brick or concrete walls where possible.
- Close all doors and windows.
- Get as deep into the building as you can. Basements and central rooms are ideal.
- Underground car parks and train stations also offer good protection.



STAY INSIDE

- Turn off fans, air conditioning, and any ventilation that pulls in outside air
- Do not go outside to collect family members or pets.
- Stay sheltered for at least 24 hours. Radiation levels drop significantly in this time.
- Only leave when officials confirm it is safe.



STAY TUNED

- Monitor official sources: government websites, national radio and emergency alerts.
- Follow all instructions on evacuation routes, shelters, and medicines.
- Do not return home after evacuating until authorities say it is safe.







PLANNING FOR AN EMERGENCY

ELECTRIC POWER BREAKDOWN

Electric power breakdowns are generally fixed in a few hours. However, in some situations, it may even be days before electric power is available again.

- **Warm clothing can be used as a substitute for heating for a while.**
- **If you have a fireplace or a stove, you should have a supply of coal, briquettes or wood in the house.**
- **Keep a supply of candles and torches, as well as spare lamps, batteries, matches or lighters etc. in the house.**

Cooking Sources

- **Propane Stoves**
- **Propane Gas Cylinder**
- **Barbecue**
- **Charcoal and Lighter Fuel**

You can prepare smaller meals on a camping stove. Use an outdoor barbecue or table-top grill, which is operated with charcoal or gas. Do not grill food in the apartment or house – there is a risk of suffocation!

Make sure that the batteries in computers, mobile telephones, telephones etc. are charged. Solar-powered battery chargers may help.

Remember to have sufficient cash reserves in the house, as cash machines also no longer work during an electric power breakdown. The items below are suggestions on what could work for you and your family.

Utilities

- **Wind Up Torches**
- **Batteries**
- **Battery Powered/Wind up Radio**
- **Candles** (Long burn, 100 hours)
- **Safety Matches**
- **Wood Burning Stove**
- **Fire Wood**
- **Heat Logs** (Burn Slowly, provides heat)
- **Lighters**

TRANSPORTATION FAILURE

In an emergency situation, fuel may not be readily available. If satellite communication is down, can you navigate the roads without a SatNav? The items below are suggestions on what you should consider for transportation.

Fuel container in garage - for petrol / diesel (20l)	1
Petrol / Jerry Can (5l) **to remain in car**	1
Jump Leads	1
Tyre Repair Foam (seals tyre punctures)	2
Foot Pump	1
In-Car First Aid Kit (small)	1
Bicycles (per person)	1
Bicycle Repair Kit & Inner Tubes (per bike)	1
Compass	1
Regional Road Maps	1





EMERGENCY PACKS

There may be a situation where you need to evacuate your house in a hurry, for instance a gas leak or flooding.

As such, it is suggested that you keep your supplies packed in either suitcases or backpacks so you can quickly leave the home with your supplies.



Things to consider:

- First aid materials, personal medication
- Battery-powered radio, spare batteries
- Food for 2 days in dust-proof packaging
- Water bottle, disposable cutlery & crockery
- Torch, sleeping bag or blanket
- Clothing & hygiene products for a couple of days
- Waterproof clothing, such as a waterproof jacket and waterproof trousers or a long raincoat
- Waterproof shoes or wellingtons
- In the event of danger from chemical substances, use a dust mask or damp cloths that you can hold in front of your mouth.
- Money, valuables
- For children: A piece of paper with their name, date of birth, address and your contact details.



IMPORTANT DOCUMENTS

Put all the important documents together and store them in one place, in a folder or case that you can easily pick up and take with you. In the event of an emergency, all the members of your family should know the location of the folder or case.

The document folder can include:
• Family documents (birth, marriage, death certificates)
• Savings books, account agreements, shares, bonds, insurance policies
• Pension and income statements, income tax returns
• Evidence of qualifications: certificates (school certificates, university certificates, certificates of additional qualifications)
• Contracts and amendment agreements, e.g. including rent agreements, lease agreements etc.
• Will, living will and power of attorney
• ID, passport, driving licence and vehicle documents
• Land registry excerpts
• Insurance documents
• Any other important documents

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Registered Office
Humanity First
Unit 27
Red Lion Business Park
Red Lion Road
Surbiton
Surrey KT6 7QD

T: +44 (0)208 417 0082

@HFI1995
@HFI1995
@HFI1995

E: info@humanityfirst.org
W: www.humanityfirst.org

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Registered Charity No. UK: 1188494
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