HOUR 73 · PAPER BACKUP

OUR EMERGENCY PLAN

Jana, Tomas, baby Mia and Luna the dog · 7th-floor city flat · made with Hour 73

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SAMPLE

IN AN EMERGENCY

Police · Fire · Ambulance (whole EU)	112
Poison centre	_____
Police, non-emergency	_____
Gas company / power outages	_____

OUR MEETING POINTS & CONTACTS

MEETING POINT NEAR HOME
The bakery on the corner, by the bus stop

OUT-OF-AREA CONTACT
Grandma Eva in the village · +420 600 000 147

IF TOLD TO EVACUATE, WE GO TO
Grandma Eva's house in the village: wood stove and a well

DOCTOR / PHARMACY
Dr. Nováková, paediatrician · pharmacy on the main square

INSIDE

1 **My plans** — Blackout / Power Outage, Civil Unrest & Riots

2 **Kit checklist** — 2 people · 1 infant · 1 pet · 3 days · Europe

3 **Go bag list** — 14 items

4 **What to do now** — Large type, 2 hazards

5 **Picture guides** — One warm room, Water hidden in your home, Emergency radios + 3 more

OUR HOUSEHOLD

NAME	BORN	MEDICAL NEEDS
Jana Kral	1990	Breastfeeding · iron tablets
Tomas Kral	1987	Asthma · inhaler in his jacket
Mia (baby, 8 months)	2026	Formula at night · fever syrup
Luna (dog, 10 kg)	2021	Joint tablets daily

HOW TO USE THIS BINDER

- Keep one copy with your kit and one at work or in the car.
- Fill in every blank line by hand.
- Go through it with everyone at home, kids too.
- Print a new copy when your plans change, at least every 6 months.

BLACKOUT / POWER OUTAGE

6 of 6 plan steps

SHELTER Stay home; go to a backup warm or cool place if needed.

01	WHEN THE POWER GOES	Check the fuse box, then the street. Light: torches or headlamps, power banks, battery or crank radio. Unplug electronics, keep the fridge closed.
02	NEEDS POWER	Heating, water pump or well, a thermos of hot water for Mia's bottles.
03	COOKING	Camping stove, used outdoors, food that needs no cooking. Never heat the home with an oven or gas stove.
04	TOO COLD OR HOT	Go to our one warm room (the bedroom, door shut), the warm room at the library. News: battery or crank radio.
05	WATER AND CASH	7th floor: pumps stop, fill the bath at the first flicker, cash in small notes, card machines fail

WARNING SIGNS

- Most blackouts come without warning. Storms, heat waves and cold snaps raise the risk.
- Check whether only your home is affected (fuse box) or the whole street.
- Follow official information on a battery or car radio, and EU-Alert messages on your phone where available.

KEY NUMBERS

- Fridge safe ~4 h
- Full freezer ~48 h, half-full ~24 h
- Food unsafe above 4 °C for 2 h
- Generator ≥ 6 m from openings

GET READY · TICK WHEN DONE

☐	UTILITIES	Install smoke and carbon monoxide alarms with battery backup on every floor and near bedrooms.
☐	HEALTH	Plan for medical devices that need power and medicines that need a fridge: cooler, ice packs, backup power, a place to go.
☐	KITS	A torch or headlamp for each person, spare batteries, charged power banks, and a battery or crank radio.
☐	KITS	Food that needs no fridge and no cooking, plus a stove for outdoor use with fuel.
☐	SHELTER SPOTS	Blankets, sleeping bags and warm clothes; pick a backup warm or cool place.

NOTES

SAMPLE

CIVIL UNREST & RIOTS

7 of 7 plan steps

SHELTER Stay away from crowds; stay home and indoors if unrest is near.

01	WHEN UNREST STARTS	Stay in for 3 days or more. Check in: family group chat, text Grandma Eva at 20:00 every evening. News: public radio or TV, police and city accounts.
02	GETTING HOME	Routes: Tomas walks home along the river path, never through the main square. If you can't get home: Tomas stays at his office (3rd floor) if the bridges close.
03	NEAR THE FLAT	The main square is two streets away: blinds down, lights low, away from the windows, Luna's walks early in the morning, in the courtyard only
04	IF IT GETS WORSE	Go to Grandma Eva's in the village before the roads close, never go to watch or film a crowd

WARNING SIGNS

- Announcements of large protests, marches or tensions after an event; police warnings and curfews.
- Shops boarding up, roads closed, heavy police presence, smoke or loud bangs nearby.
- Rumours spreading fast on social media: check them against official sources.

KEY NUMBERS

- Stay ≥ several streets away
- Few days of supplies at home
- 2 routes home
- Rinse eyes with lots of water

GET READY · TICK WHEN DONE

☐	KITS	Keep a few days of food, water, medicines and phone power at home so you don't need to go out during unrest.
☐	COMMUNICATION	Agree how family members check in and where to meet if they can't get home.
☐	EVACUATION	Know two routes home from work and school that avoid main squares, government buildings and stations.
☐	KITS	Carry ID, a charged phone, a little cash and any medicines when unrest is possible.
☐	HOUSEHOLD	Know how to lock up quickly; keep curtains or blinds you can close.

NOTES

SAMPLE

INVENTORY · BASE KIT

KIT CHECKLIST

2 people · 1 infant · 1 pet · 3 days · Europe

2.5 days	3 days	2 + 1 infant + 1 pet
COVERED NOW	TARGET	HOUSEHOLD

WHAT YOUR HOUSEHOLD NEEDS · 3 DAYS

	SUPPLY	NEEDED	WE HAVE	LASTS
○	**Water**	**29 L**	24 L	2.5 days
●	**Food**	**15,930 kcal**	31,060 kcal	3 days+
○	**Medicine**	**14 items**	10 in stock	71%
○	**Power**	**150 Wh**	140 Wh	2.8 days
○	**Cash**	**€255**	€150	1.7 days
●	**Toilet**	**6 bags + 18 nappies + 6 pet bags**	12 bags + 40 nappies + 10 pet bags	3 days+
○	**Tools**	**8 items**	6 ticked	75%
○	**Radio**	**6 items**	3 ticked	50%

WATER

3 L per person and infant per day, pets 55 ml per kg of body weight (10 kg)

- [ ] Purified / bottled — 24 L
  Target 29 L
- [x] Not purified yet (bath water, for flushing and washing) — 150 L

FOOD

About 2,000 kcal per person, 800 per infant, pets by body weight (10 kg) per day

- [x] Days of food (calculated) — 4 days
  Target 3 days
- [x] Calories stored — 31,060 kcal
  Target 15,930 kcal
- [x] Canned meals and soups · expires Oct 2027 — 12 cans
- [x] Rice, pasta and oats — 2 kg
- [x] Peanut butter or nut spread — 1 jar
- [x] Long-life or powdered milk — 4 L
- [x] Formula and baby food · expires May 2027 — 2 tubs (800 g)
- [x] Pet food — 2 kg

MEDICINE

- [x] Prescription medicines (Tomas's inhaler) · expires Aug 2027 — 30 days
- [x] Pain and fever relief · expires Jun 2027 — 2 packs
- [ ] Allergy tablets — _____
- [x] Oral rehydration salts · expires Mar 2028 — 6 sachets
- [ ] Upset-stomach medicine — _____
- [x] First aid kit · expires Mar 2028 — 1 kit
- [ ] Face masks (FFP2 / N95) — _____
- [x] Infant fever and pain medicine · expires Feb 2027 — 1 bottle
- [x] Pet medicines and flea or tick treatment · expires Sep 2027 — 1 pack
- [x] Iron tablets · expires Dec 2026 — 1 pack
- [x] Thermometer — Have
- [ ] Spare glasses or lenses — _____
- [x] Disposable gloves — Have
- [x] Medicine list with doses (written) — Have

POWER

20 Wh per person, 10 Wh per infant per day

- [ ] Power banks / station — 140 Wh
  Target 150 Wh
- [x] Spare AA / AAA — 16 pcs

SAMPLE

CASH

Small notes, €30 per person, €15 per infant, €10 per pet per day

☐	Cash in small notes **Target €255**	€150

TOILET

One bag per person per day, about 6 nappies per infant, 2 waste bags per pet

☑	Strong bags **Target 6 bags + 18 nappies + 6 pet bags**	12 pcs
☑	Cover material (cat litter)	10 L
☑	Nappies	40 pcs
☑	Pet waste bags	10 pcs

TOOLS

☑	Torch or headlamp	Have
☑	Multi-tool or knife	Have
☑	Duct tape	Have
☐	Whistle	_____
☐	Work gloves	_____
☑	Manual can opener	Have
☑	Fire extinguisher	Have
☑	Lighter and matches	Have

RADIO

☑	Battery or hand-crank radio	Have
☑	Spare batteries for the radio	Have
☐	Solar or crank charging	_____
☑	FM / DAB+ radio for national broadcasts	Have
☐	Local emergency stations written down	_____
☐	Walkie-talkies (PMR446)	_____

BLACKOUT KIT

☑	Headlamps and spare batteries	Have
☑	Power banks	Have
☑	Battery or crank radio	Have
☑	Outdoor stove and fuel	Have
☐	Cooler and ice packs	_____
☐	Fridge and freezer thermometers	_____
☐	CO alarm	_____
☑	Blankets or sleeping bags	Have

CIVIL UNREST KIT

☑	Charged power bank	Have
☑	Cash in small notes	Have
☑	Copy of ID	Have
☐	Bottled water for rinsing eyes	_____
☐	Dust masks	_____
☑	Few days of food at home	Have

Water: about 3 L per person per day; EU Preparedness Union Strategy: at least 72 hours. Power and cash are Hour 73 rough guides.

SAMPLE

INVENTORY · GO BAG

GO BAG LIST

72-hour bag · 14 items · limit 12 kg

9 / 14	5.2 kg	_____
ITEMS PACKED	WEIGHT · LIMIT 12 KG	BAG IS KEPT AT

- [x] Water bottles — ~1.5 kg — 72-HOUR LIST
- [x] Food bars and snacks — ~0.5 kg — 72-HOUR LIST
- [x] Nappies, wipes and formula — ~1.2 kg — 72-HOUR LIST
- [x] First aid kit — ~0.4 kg — 72-HOUR LIST
- [x] Flashlight or headlamp — ~0.2 kg — 72-HOUR LIST
- [x] Power bank and cables — ~0.3 kg — 72-HOUR LIST
- [x] Copies of IDs and documents — ~0.1 kg — 72-HOUR LIST
- [x] Cash in small notes — ~0.05 kg — 72-HOUR LIST
- [x] Warm hats, gloves and a baby sleeping bag — ~0.9 kg — 72-HOUR LIST
- [ ] Battery or crank radio — ~0.3 kg — 72-HOUR LIST
- [ ] Prescription medicines — ~0.15 kg — 72-HOUR LIST
- [ ] Dog food, leash and bowl — ~0.7 kg — 72-HOUR LIST
- [ ] Change of clothes and socks — ~1.1 kg — 72-HOUR LIST · TO ADD
- [ ] Emergency blanket — ~0.1 kg — 72-HOUR LIST · TO ADD

ADD BY HAND

A 72-hour go bag: ticked items are packed; "to add" items are recommended but not in the bag yet. Keep this list inside the bag and check food, medicines and batteries every 6 months.

SAMPLE

WHAT TO DO NOW

BLACKOUT / POWER OUTAGE

LIFE IN DANGER? CALL 112

1 FRIDGE AND FREEZER

Keep them closed. The fridge keeps food cold for about 4 hours; a full freezer about 48 hours (24 hours if half full).

- Keep doors closed: fridge about 4 hours, full freezer about 48 hours, half-full about 24 hours.
- Before 4 hours: move perishables to a cooler with ice.
- Check temperatures with a thermometer: unsafe above 4 °C for more than 2 hours.

2 UNPLUG

Unplug appliances and electronics to avoid damage from surges; leave one light switched on so you know when power is back.

- Unplug computers, TV and appliances to protect them from surges.
- Leave one lamp switched on so you know when power is back.
- Switch large appliances back on one at a time.

3 CARBON MONOXIDE

Generators, camp stoves and barbecues only outdoors, at least 6 m from windows, doors and vents. Let a generator cool before refuelling.

- Generators, camp stoves and barbecues outdoors only, at least 6 m from windows, doors and vents.
- Let a generator cool before refuelling.
- Headache, dizziness or nausea indoors: get to fresh air, call 112.

4 HEATING

Never heat the home with a gas stove or oven.

- Never heat the home with a gas stove or oven.
- Make one warm room and dress in layers.
- Too cold: go to your backup warm place.

5 LIGHT

Use battery lights. If you use candles, never leave them unattended.

- Headlamps and torches first; lanterns for rooms.
- Avoid candles; if you must, never leave them alone.

SAMPLE

6 TOO COLD OR HOT

Go to your backup place, a library, or a warming or cooling centre.

- Go to your backup place, a library, or an official warming or cooling centre.
- Take medicines, chargers, water and food with you.

7 TRAFFIC LIGHTS OUT

Treat junctions as all-way stops and drive slowly.

- Treat every junction as an all-way stop.
- Drive slowly; expect pedestrians in the dark.
- Avoid driving if you don't need to.

8 NEIGHBOURS

Check on neighbours, especially older people and those living alone.

- Check on older people, people living alone and anyone with medical devices.
- Share light, warmth and news; agree a time to check again.

9 POWER LINES

Stay away from downed power lines and report them.

- Stay at least 10 m away from fallen lines and anything touching them.
- Report them to the energy company or 112.
- If a line falls on your car, stay inside until help arrives.

10 KEEP POWER GOING

Charge phones, radio and lights from power banks, a power station, a solar panel or the car; run a generator outdoors only.

- Charge phones and power banks from a power station, solar panel or the car (engine running, outdoors only).
- Generator outdoors only, at least 6 m from openings, a few hours a day for the freezer and chargers.
- Save power: LED lights, one room, phones on low power, freezer closed.

SAMPLE

WHAT TO DO NOW

CIVIL UNREST & RIOTS

LIFE IN DANGER? CALL 112

1 STAY AWAY

Avoid protests and crowds, even peaceful ones; leave the area as soon as you notice tension.

- Check local news and police warnings before going out.
- Change your route or plans to avoid protests and gatherings.
- Leave at the first sign of tension: shouting, objects thrown, police lines forming.

2 CAUGHT IN A CROWD

Move to the edge, walk calmly with the flow, and leave by a side street; don't run or push.

- Move diagonally towards the edge of the crowd and walk with it, not against it.
- Stay on your feet; keep arms in front of your chest to protect your breathing.
- Leave by a side street; don't run, which draws attention.

3 GET INSIDE

Go into a building or doorway and wait for the crowd to pass.

- Step into a shop, office or doorway and stay away from the windows.
- Wait until the crowd has passed and the street is calm.

4 AT HOME

Stay in, lock doors, close curtains and keep away from windows; don't watch from a balcony.

- Lock doors and windows; close curtains or blinds.
- Stay in an inner room away from windows if there are bangs or fires outside.
- Keep phones charged and the radio on.

5 IN A CAR

Never drive through a crowd: turn into a side street, reverse or turn round calmly.

- Lock the doors and keep windows up.
- Turn into a side street, reverse or turn round calmly; never drive into or through a crowd.
- If blocked in, stay calm and wait for a gap or the police.

SAMPLE

6 TEAR GAS

Get upwind and away, don't rub your eyes, rinse eyes and skin with lots of water, change clothes.

- Move upwind and to higher ground, away from the cloud.
- Don't rub your eyes; rinse eyes and face with plenty of clean water.
- Take off and bag contaminated clothes; shower when you can.
- Trouble breathing: call 112.

7 FOLLOW POLICE INSTRUCTIONS

Obey curfews and orders to move; keep ID with you; don't film from close by.

- Obey curfews and orders to move on; carry ID.
- Keep your hands visible and stay calm if stopped.

8 CHECK RUMOURS

Use official sources before sharing news; false reports cause panic.

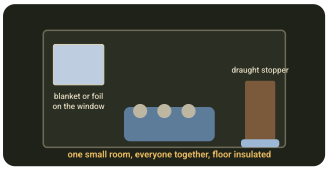
- Use official police, city and public broadcaster sources.
- Don't share unconfirmed videos or claims.

SAMPLE

PICTURE GUIDES

HOME SAFETY ONE WARM ROOM

Keeping heat in during a long outage



1 Choose one small room, ideally on the sunny side. Hang blankets or foil over windows at night, block gaps under doors, insulate the floor, and keep everyone and pets together in it. Open the curtains when the sun shines.

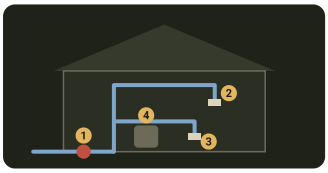
Good to know

- Only use heaters approved for indoor use; keep a CO alarm in the room.
- A tent or blanket fort inside the room keeps a sleeping area even warmer.

Sources: Red Cross winter safety · DSB (Norway) · MCF (Sweden)

WATER WATER HIDDEN IN YOUR HOME

Drain the pipes and the water heater



1 1 Close the main water valve as soon as the supply is cut or contaminated. 2 Open the highest tap in the house to let air in. 3 Fill containers from the lowest tap. 4 Hot water tank: switch off power or gas first, then drain from the valve at the bottom.

Good to know

- Treat this water before drinking unless officials say tap water is safe.
- The toilet cistern (tank, not bowl) is usable too if no cleaning blocks are in it.

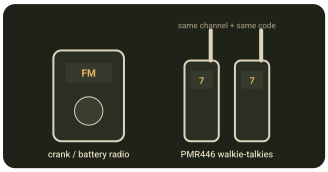
Sources: CDC · FEMA water fact sheet · DSB Norway

SAMPLE

COMMUNICATION

EMERGENCY RADIOS

Broadcast radio and walkie-talkies



1 A battery or crank FM radio keeps you in touch with official broadcasts when phones fail. PMR446 walkie-talkies can be used without a licence across the EU: set everyone to the same channel and privacy code. Range is often 1–5 km, more in open country.

Good to know

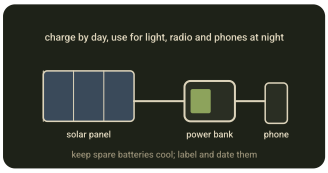
- Agree a family channel and check-in times in advance.
- Keep spare batteries; turn radios off between check-ins.

Sources: ERC/CEPT PMR446 rules · national public broadcasters' emergency guidance · MCF (Sweden)

POWER & ENERGY

BATTERIES, POWER BANKS & SOLAR

Keeping light and phones going



1 Charge power banks from a small solar panel by day and use them for lights, radio and phones at night. Keep phones on low-power mode. Use the same battery size (AA) for as many devices as you can and date your spares.

Good to know

- Store batteries cool and dry; take them out of devices you don't use.
- Car batteries can charge phones with a 12 V adapter; run the engine outdoors only.

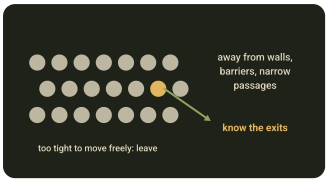
Sources: ready.gov power outages · MCF (Sweden)

SAMPLE

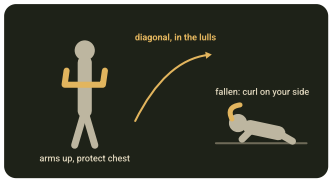
CONFLICT SAFETY

CROWD CRUSH: STAYING SAFE

Spot it early, protect your chest, go diagonal



1 If you are pressed so tight you cannot move freely, or the crowd starts to sway, leave early instead of pushing on towards the front. Note the exits when you arrive, and keep away from walls, barriers and narrow passages where pressure builds.



2 If you are caught, hold your arms up in front of your chest like a boxer to keep room to breathe, stay on your feet and go with the flow, moving diagonally towards the edge in the lulls between surges. Save your breath: don't shout or push. If you fall, get up fast; if you can't, curl up on your side and protect your head.

Good to know

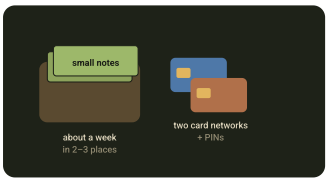
- Danger rises steeply at around 5 people per square metre (about 11 square feet), when you can no longer move freely.
- Help anyone who falls back to their feet.
- Avoid big gatherings when tensions are high.

Sources: G. Keith Still, crowd science (University of Suffolk) · M. Moussaïd, crowd research (Max Planck Institute) · CDC crowd-crush advice

MONEY & DOCUMENTS

MONEY IN A CRISIS

Cash, cards and keeping it safe



1 Card machines, cash machines and phone payments can all stop in a power cut or cyber attack. Keep cash at home in small notes for about a week of essentials, split between two or three hiding places, plus physical cards from two different card networks and their PINs.



2 In a crisis, use cash for essentials and carry only what you need for the day, out of sight. Expect scams: banks and police never ask for PINs, codes or urgent transfers by phone. When systems come back, check your statements for odd payments.

Good to know

- Sweden's central bank suggests about SEK 1,000 in cash per adult as a benchmark for a week.
- Keep some coins for parking, toilets and machines.
- Inventory's Cash slot works out how much your household needs.

Sources: Sveriges Riksbank payment preparedness · MCF (Sweden) · US FTC Financial readiness in times of disaster

SAMPLE