

Self-protection checklist



Following advice from the Federal Office of Civil Protection and Disaster Assistance, use the following checklist to ensure you are prepared in an emergency.

Further information: www.bbk.bund.de

Basic supplies

- Drinks (2 litres of water per person per day)
- Food (supplies for several days, non-perishable food and food that does not need to be heated)

Hygiene products

- Soap, detergent
- Toothbrush, toothpaste
- Disposable tableware and cutlery
- Kitchen roll
- Toilet paper
- Refuse sacks
- Household gloves
- Camping toilet, spare bag

Medicine chest

- First aid kit as per DIN standards
- Medication prescribed by a doctor
- Medication (e.g. painkillers, cold remedies, diarrhoea remedies)
- Disinfectant
- Thermometer
- Insect bite and sunburn ointment
- Tweezers

Communication channels

- Battery-operated radio
- Spare batteries
- Power bank

Fire protection

- Fire extinguisher, extinguishing spray
- Smoke detector
- Container for extinguishing water, water hose
- Bucket or adjustable sprayer

Power failure

- Camping stove and fuel
(outdoor use only)
- Candles, tealights
- Matches, lighter
- Torch, batteries
- Heating facility, fuel

Documents

- Identity card
- Certificates (family and birth certificates)
- Contracts (e.g. insurance policies)
- Living wills
- Wills
- Notices
- Certificates
- Powers of attorney

Pack the following in your emergency luggage:

- Medication ■ Wound care ■ Sleeping bag ■
- Clothing ■ Wellington boots ■ Crockery ■
- Thermos flask ■ Can opener ■ Torch ■
- Safety helmet ■ Protective mask ■ Gloves