



# Emergency stock checklist

## Beverages

- 9 litres of water (per person)
- Further drinks

## Food (for 1 week)

- Rice or pasta
- Oil or fat
- Preserves (for example vegetables, fruits or mushrooms)
- Flour and dried yeast
- Preserved sausages and dried meat
- Ready meals (for example rosti)
- Ready-made soups
- Hard and processed cheese
- Broth, salt, and pepper
- Coffee, cacao, and tea
- Muesli, legumes, dried fruits, nuts
- Rusk or crispbread
- Chocolate
- UHT milk, condensed milk
- Sugar, jams, honey
- Special food (for example for infants)
- Pet food

## Home pharmacy/hygiene

- Soap and toilet paper
- Disinfectant
- 50 hygiene masks per person
- Personal medication
- General home pharmacy

## Technology

- Battery-powered radio
- (crank) flashlight
- Spare batteries
- Power bank for cordless tools
- Candles, matches and/or lighters
- Gas cooker, Rechaud
- Heating option (such as bed bottle)

## ... and in addition

- Cash
- Important Documents
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