

# Be more resilient in 30 simple ways across 30 days!

You can put some of these things together as an emergency kit or just know you can access them easily.

<p><b>Day 1</b> <input type="checkbox"/></p> <p>Have a rechargeable, wind up or battery (with spare batteries) torch to hand</p> 	<p><b>Day 2</b> <input type="checkbox"/></p> <p>Put the power track app on your phone and have SSEN emergency number <b>105</b> written down or in your phone</p>	<p><b>Day 3</b> <input type="checkbox"/></p> <p>Gather together a small first aid kit and keep to hand</p> 	<p><b>Day 4</b> <input type="checkbox"/></p> <p>Check where your stop cock is and make sure you can switch your water on and off</p>	<p><b>Day 5</b> <input type="checkbox"/></p> <p>Have a store of three days food you can eat in a power cut (i.e. tins you can heat the contents of on a gas stove)</p>	<p><b>Day 6</b> <input type="checkbox"/></p> <p>Have you got a gas stove or a means of heating water and food in a power outage?</p> 
<p><b>Day 7</b> <input type="checkbox"/></p> <p>Keep spare keys for the house and car in a easily accessed place to grab in an emergency</p>	<p><b>Day 8</b> <input type="checkbox"/></p> <p>Keep three days supply of drinking water in containers or have bottled water.</p> 	<p><b>Day 9</b> <input type="checkbox"/></p> <p>Make a note of emergency contact numbers for utilities and healthcare</p>	<p><b>Day 10</b> <input type="checkbox"/></p> <p>Chat to your neighbours and arrange to check on each other in an emergency or power cut</p> 	<p><b>Day 11</b> <input type="checkbox"/></p> <p>Having additional blankets or duvets to hand can help keep you warm sitting or in bed.</p>	<p><b>Day 12</b> <input type="checkbox"/></p> <p>Check you know where your fuse box is</p>
<p><b>Day 13</b> <input type="checkbox"/></p> <p>Ensure you have three days of prescription medicine and rotate this regularly.</p> 	<p><b>Day 14</b> <input type="checkbox"/></p> <p>Hot water bottles are a good way of staying warm, check them regularly as they can perish.</p> 	<p><b>Day 15</b> <input type="checkbox"/></p> <p>A small power bank, charged regularly can help power your mobile phone in a power cut</p>	<p><b>Day 16</b> <input type="checkbox"/></p> <p>Check if you are eligible and sign up to the Priority Services Register <a href="http://psrscotland.com/">psrscotland.com/</a></p>	<p><b>Day 17</b> <input type="checkbox"/></p> <p>Have gloves, hats and warm layers at the ready, take them in your car on winter journeys</p> 	<p><b>Day 18</b> <input type="checkbox"/></p> <p>Make sure your car is filled with fuel, pumps won't work in a power cut.</p> 
<p><b>Day 19</b> <input type="checkbox"/></p> <p>Think about what your pet might need in an emergency and/or if you need to leave your home</p> 	<p><b>Day 20</b> <input type="checkbox"/></p> <p>Put the MET office app on your phone or sign up for weather warnings so you can prepare</p> 	<p><b>Day 21</b> <input type="checkbox"/></p> <p>Have copies of important documents (insurance, passports, driving licence) handy in case you need to leave your home quickly</p>	<p><b>Day 22</b> <input type="checkbox"/></p> <p>If you live in an area likely to flood sign up to get SEPA flood alerts so you can prepare</p> 	<p><b>Day 23</b> <input type="checkbox"/></p> <p>If you have gas do you know where your Gas shut off switch is?</p>	<p><b>Day 24</b> <input type="checkbox"/></p> <p>Have important numbers for family, friends, Doctors, School/Nursery etc written down in case your phone loses charge.</p>
<p><b>Day 25</b> <input type="checkbox"/></p> <p>Shops will not be able to take electronic payment in a power cut so have some cash available, including some change.</p>	<p><b>Day 26</b> <input type="checkbox"/></p> <p>Put a winter emergency kit in your car (warm clothes, shovel, food, water)</p> 	<p><b>Day 27</b> <input type="checkbox"/></p> <p>If you wear glasses or contact lenses know where your spare ones are or include in your emergency kit</p>	<p><b>Day 28</b> <input type="checkbox"/></p> <p>Find out if there is a community resilience group in your area and if they can help you or you can help them!</p>	<p><b>Day 29</b> <input type="checkbox"/></p> <p>Tell other people in your household where your emergency kit is located</p>	<p><b>Day 30</b> <input type="checkbox"/></p> <p>Complete a household emergency plan!</p> 