

Items to have for an extended stay at home

Examples of food an non-perishables	Examples of medical, health and emergency supplies
Ready-to-eat tinned meat, fish, fruits, vegetables, beans, and soups. UHT milk.	Prescribed medical supplies including glucose and blood monitoring equipment.
Protein or fruit bars.	Soap and water, or alcohol based hand wash.
Dry cereals.	Medicines for fever, such as paracetamol and aspirin for adults (Calpol or Baby Nurofen for children).
Peanut butter or nuts.	Thermometer.
Dried fruit.	Anti-Diarrhoea medication.
Crackers or biscuits.	Vitamins.
Cartons of juice.	Fluids with electrolytes e.g. Lucozade sport or Isostar.
Bottled water.	Torch.
Tinned or jars of baby food or formula.	Batteries.
Pet food.	Portable or wind up radio.
Other non-perishable items	Rubbish bags.
Tissues, toilet paper, disposable nappies.	Tin opener.