



## **Be Prepared - Just In Case ...**

Winter is approaching and there is a whole generation who simply take for granted our present-day world of personal and public transport, washing and washing-up machines, convenience food, central heating, hot water from the tap, internet availability, and regular bin collections. How would they cope if some of these were interrupted by the onset of severe weather ?

So the Blackthorn Blossoms think that you may be glad of the following 'Be Prepared List', which the three of us compiled a few years ago from our own families' memories and experience of shortages, and of course, the Internet. Hopefully you will have no need of it but perhaps you might like to pass it on to the younger members of your family or any younger friends.

Whilst this list and advice is offered as a useful guide, it will not be a definitive, personalised list, so NOW is the time to sit down together and decide what are the essential things that YOU and your family will need in your cupboard, your garage and your shed if you find yourselves trapped at home for more than a day or two. Our list makes no allowance for items that might be needed for people who have special dietary needs, for example. Compile a list that will look after YOUR needs.

Consider a situation in which you may have no gas, or no electricity – or neither. Bear in mind that most central heating systems need electricity to ignite them, that even water supplies fail if electricity is cut off to pumping stations, and that you can't rely on your fridge and freezer for food if your own electricity supply is also off.

How you will keep warm, how and what you will you eat and drink and how will you heat it ? Do you have only an electric hob, only electric heaters?

What if you cannot get to a shop for more than a day or two, and if the deliveries to your usual shops cannot get through because of snow-blocked roads? What about those special foods, supplements and medications that you rely on which are essential to maintaining your good health?

If the power went out this moment, could you put your hands on candles, safe candle-holders, and matches ? Do you have a wind-up torch, a wind-up radio or even a wind-up lamp ?

How will you keep your car!'s systems protected? Do you have enough food to feed your pets for any length of time?

Our list is only a template. Having made YOUR list, go out and get it all, BEFORE you need it.

Stay warm!

### **The Blackthorn Blossoms**

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## **The BB's Be Prepared List ...**

## DRINKS

- Bottled water
- Fruit drinks
- Tea/Coffee/herbal teas etc
- Soya, Rice and other milks

## TINNED GOODS - check your can opener !

- Baked beans/spaghetti/ravioli
- Tomatoes/green vegetables
- Chick peas, beans, sweetcorn, lentils
- Soups
- Fish - tuna, salmon, pilchards, sardines
- Meat - corned beef, ham etc.
- Fruit
- Mushy peas
- Puddings
- Custard
- Condensed/Evaporated Milk

## DRIED GOODS

- Rice/Quinoa/Polenta
- Pasta/noodles
- Stock cubes
- Cous cous
- Beans
- Lentils
- Dried soya mince
- Fruit – apricots, figs, dates
- Biscuits – sweet and savoury
- Chocolate
- Porridge, oatmeal, cereals
- Nuts/seeds
- Flapjacks/ cereal bars
- Jams
- Honey
- Peanut/nut butters

## OTHER FOODS

- Fruit and vegetables (apples, onions, garlic and root vegetables keep reasonably well in a cool dark place)

The following have many uses including being the ingredients of basic bread or cake mix and the oils can be used to replace butter and margarines :

- Flours
- Sugars
- Dried yeast or baking powder
- Butter or margarine
- Eggs
- Olive /sunflower/other oils

## EQUIPMENT AND TOOLS

- Basic first aid kit
- Handwash liquid
- Disinfectant
- Bleach
- Loo cleaner
- Toilet rolls
- J-cloths
- Bin liners
- Blankets
- Hot water bottle(s)
- Salt – both culinary and for iced pathways
- Torches
- Batteries
- Radio
- Wind-up Phone Charger
- Camping Kettle (i.e. not electric)
- Tin foil – good for retaining body heat, as well as to keep food warm for longer periods
- Candles (church candles burn the longest)
- Matches
- Can opener (hand operated)
- Thermos Flask(s)
- Lamps - battery/wind-up/oil
- Shovel/spade/snow shovel - make sure these are to hand and not in the garden shed.

## CLOTHING AND ESSENTIAL SUPPLIES

- Wellingtons
- Warm clothing
- Thick socks
- Warm hat
- Thermal underwear
- Thermal gloves
- Sturdy waterproofs
- Medicines/supplements
- Infants needs – food and nappies etc.
- Pet supplies – food, medicines etc

## AND REMEMBER

- Make sure your house is draught-proofed and your pipes are sufficiently lagged
- If the fuel supply is intermittent during the day, heat water when you can and store in a thermos flask
- To take hot drinks and food regularly throughout the day, if practicable.
- Stay indoors if you don't need to go out.
- Wear warm layered clothing.
- Wear a warm hat inside the house as well as outside - much body heat is lost through our head.