



# What goes in your flood kit?

A flood kit is a bag that is ready to 'grab and go' if you or your learners were ever to receive a flood warning. A flood kit contains both essential and useful items that would keep a family or individual going if they had to leave their home at short notice.

What do your learners consider would be essential, useful or not useful items, and why? Our [Resource cards - What goes in your flood kit?](#) could be used to aid discussion on what should be included. Below we suggest what should be included in a flood kit and why.

## Essential items

### Personal flood plan

A personal flood plan includes a checklist of things you should do to prepare for a flood.

### Emergency contact details

Including important contact details e.g. insurance claims helpline, council and emergency services who can help those affected get help and enable them to call and reassure family members and friends that they are ok.

### Important documents

Passports or driver's licence, for those affected by flooding to be able to prove their identity. Copies of insurance documents so residents can contact their insurance company, report the damage and make a claim.

### Emergency cash / bank cards

So that food and essential items can be purchased immediately.

### Medicines and medical devices

So, anyone dependent on medication or medical devices e.g. hearing aids or asthma pumps, can continue taking their medicine as required, helping them to stay fit and well immediately after a flooding incident.

### Baby essentials

Nappies, wipes, clothing, baby food, powdered milk and sterilised bottles if needed.

### Mobile phones and chargers

There may be disruption to services/utilities and phone lines may be down. It may be possible to charge a mobile phone at an evacuation centre and stay connected with the outside world.

### Wind up or portable radio

There is a high chance that mains power will be affected during a flood and if water is close to entering a property, the power should be switched off at the mains. A wind up or portable radio will enable those affected to monitor the news for advice and guidance and get the latest weather updates.

### Torch

If homes lose power and descend into darkness, having torches to hand will allow families to continue their flood preparations and will help them leave their property.

### Spare batteries

Of the right size to keep items such as torches and radios powered up or consider wind up models.

### Warm waterproof clothing and wellington boots

Normal clothing will soon become saturated during a period of heavy rain and flooding. Stay warm and dry by wearing waterproofs.



### Useful items

#### First aid kit

First aid can be administered if someone is injured.

#### Camera

To be able to record the damage incurred by the flood to support an insurance claim.

#### Change of clothing

Ensuring those affected have a change of clean and dry clothing.

#### Basic toiletries

Toilet paper, toothbrush, toothpaste, soap, shampoo, shower gel and sanitary products so those affected can stay clean and healthy and reduce the risk of disease and infection spreading.

#### Blankets

If utility supplies have been affected, these will help those affected to stay warm and well.

#### Toys, books and games

These will help comfort and keep children busy and occupied.

### Not so useful items

#### Arm bands

Flood water can contain a nasty mix of chemicals, debris and bacteria. It also poses a danger of incurring personal injury or drowning and should therefore not be entered. Arm bands will not be required!

#### Electrical items

Electricity should be turned off during flood conditions because combining electricity and water is dangerous. The rest centre may have electricity but with so many people in one place and a limited number of sockets, most electrical items such as games consoles and hairdryers are unlikely to be used.

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