

The following information is taken from the booklet given to every Swedish household as part of the Swedish Government's national preparedness strategy. The [full booklet can be downloaded here](#).

Home preparedness

You contribute to our collective preparedness if you can manage on your own for at least one week.

Adapt the advice in the checklists to your specific needs and situation. You may be able to share some things with others – for example, with your neighbours. In times of crisis or war, we all must help one another.

Prepare ahead of time, so you don't have to rush out when something serious happens.

Grab Bag

Make a list of essential belongings if you are required to quickly evacuate and unable to return home for a while. Here are some tips for what to bring:

- ☐ Food and water to last a few days.
- ☐ Photo ID, debit or credit card, and cash.
- ☐ Medicines and aids; for example, hearing aids.
- ☐ Radio powered by batteries, solar panels or winding mechanism.
- ☐ Warm clothing, water-resistant outerwear and extra sets of clothing.
- ☐ Toiletries and hygiene products.
- ☐ Mobile phone and charger.
- ☐ Map, compass.
- ☐ Important information written on paper; for example, phone numbers and insurance information.



Food

You need food that is filling, energy-rich and that can be stored safely at room temperature. Get food that can be prepared quickly, requires very little water, or that can be eaten immediately. Start building up your emergency storage by simply buying one or two additional items when doing your regular shopping. Good things to keep at home:

- ☐ **Non-perishables:** Grains, cereal, pasta, rice, couscous, instant mashed potatoes, milk powder, tortillas, crispbread, crackers, salt, and spices.
- ☐ **Tinned goods:** Tomatoes, vegetables, fruit, and ready-to-eat meals.
- ☐ **High-protein:** Dried or tinned meat and fish, chickpeas, beans, lentils, and cheese in a tube.
- ☐ **High-fat:** Cooking oil, pesto, sun-dried tomatoes in oil, tapenade, peanut butter, nuts and seeds.
- ☐ **Energy boosts:** Fruit custard, jam, chocolate, honey, protein bars, and dried fruit.
- ☐ **Drinks:** Coffee, tea, hot chocolate mix, blueberry and rosehip soup, juice, or milk.
- ☐ **Food for children:** Gruel, infant formula, oatmeal, and baby food.



Make use of available fruits and berries. Grow edible food in your garden, on your balcony, or on a windowsill.

Click [this link](#) or use this QR for a quick supplies calculator



Currency

The ability to make payments in various ways increases your emergency preparedness. You should use cash occasionally. Good to have:

- ☐ Enough cash for at least one week, preferably in different denominations.
- ☐ Other payment options – for example, debit or credit cards and digital services.

Water

You require at least three litres of water a day, mainly for drinking and cooking. In case of a drinking-water shortage, your municipality can provide public water tanks. However, you still need to keep some water at home for emergencies.

- ☐ Get water storage containers or buckets with lids for collecting water.
- ☐ Buy bottled water or fill up storage containers.
- ☐ Store water in a dark and cool place. Check if the water tastes or smells unusual once or twice a year. Change the water when necessary.
- ☐ If you are unsure if water is safe to drink, boil it until it comes to a roiling boil.



Store water in plastic bottles and put them in your freezer. The bottles can be used as ice packs if the electricity cuts out. When the ice has melted, you can drink the water. Don't fill the bottles all the way to the top – they may crack when frozen.

Communication

You must be able to receive news and important information from government authorities. You must also be able to stay in contact with family and friends. Good things to keep at home:

- ☐ Radio powered by batteries, solar panels or a winding mechanism.
- ☐ Extra batteries.
- ☐ Mobile phone and a charged power bank.
- ☐ Phone charger for a car.
- ☐ Important phone numbers written down on paper.

Toilet

If there's no water – for example, as the result of a power cut – you will not be able to flush your toilet. Prepare to dispose of waste in other ways and maintain good hygiene.

You may urinate in the toilet even if you can't flush it. Discard toilet paper in a garbage can or bucket with a lid.

To dispose of excrement, fit a plastic bag or garbage bag in your toilet bowl or use a portable toilet or a bucket with a lid. Cover the excrement with compost litter or sawdust. Your municipality will provide information on where to discard waste.

Good to keep at home:

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| ☐ Toilet paper. | ☐ Plastic bags or garbage bags. |
| ☐ Wet wipes, hand sanitiser. | ☐ Compost litter or sawdust. |
| ☐ Diapers, menstrual pads. | ☐ Bucket with a lid. |



To reduce odour buildup, avoid mixing urine and excrement.

Other

Good to keep at home:

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| ☐ Camping stove, gas burner, fuel. | ☐ Torch, headlamp. |
| ☐ Home pharmacy, first aid kit. | ☐ Tin opener. |
| ☐ Matches, fire striker. | ☐ Fuel in the car tank or a charged battery. |



If you require prescription medicines or disposable products – for example, if you have diabetes – make sure to keep a month's supply at home.

If you require special assistance

Individuals who currently receive special assistance from their municipality will continue to receive assistance in the event of crisis or war. However, you must still observe emergency preparedness practices in accordance with your specific needs.

- Talk to your family, friends, neighbours, assistants or care administrator about what help you may require.
- Make a crisis emergency plan that also includes important information about things like prescription medicines and other medical aids.
- Prepare for transport to a shelter or other protected areas.
- Use your phone's accessibility features to receive the most important information.
- If you are visually impaired, use text-to-speech tools or screen readers to receive information from government authorities.
- Guide dogs or service dogs are allowed in civil defence shelters.

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The UK government is in the process of developing our preparedness strategy. We will keep our website updated. Until then, this advice remains prudent.

Click [this link](#) or use the QR to visit our Resilient Communities webpage.

