



Federal Office  
of Civil Protection and  
Disaster Assistance

# Guide for Emergency Preparedness and Correct Action in Emergency Situations

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## About us

The Federal Office of Civil Protection and Disaster Assistance (BBK) was established in 2004 as a central organisational unit for civil security. It is part of the "New Strategy for Civil Protection in Germany", which was adopted in 2002. The BBK considers all areas of preventive civil security across all disciplines and combines them to form a single effective system for the protection of the population and the resources which are the basis for its existence. The BBK is a specialist authority within the Federal Ministry of the Interior (BMI), which also provides other federal and Land authorities with competent advice and support for the performance of their tasks in the area of civil protection.

The BBK is your reliable partner for emergency preparedness and self-help. You can find further information on our website [www.bbk.bund.de](http://www.bbk.bund.de).



**BBK. Working together. Living in safety.**



# Make provisions!

## What do you need?

### What do you have to think of at an early stage?

The following checklists will give you an overview of what you need in an emergency. Enter the local emergency telephone numbers in the telephone list on the back of this brochure.

Plan together! Sit down with your family and consider the following:

### OUR ADVICE

- › Where are the following located in the house: the emergency pack, the briefcase, the fire extinguisher, the supplies from the checklist.
- › Discuss escape routes, meeting points and their accessibility; it is possible that not all members of the family will be at home in the event of a disaster.
- › Keep this brochure together with the briefcase; thus, you will be able to read the most important information again in the event that a disaster is forecast.



## Food & drink

In the event of a disaster such as a flood, electric power breakdown or a storm, there is a risk that food will be hard to come by. Therefore, ensure that you have a sufficient supply of food. Your goal must be to survive for 10 days without shopping. The solution is your responsibility. Whether and to what extent you make provisions for a disaster is a personal decision.

In the following overview, you will find an example of the basic supplies for one person for 10 days. This corresponds to approx. 2,200 kcal per day and thus generally covers the total energy requirements. Take personal tastes, dietary requirements and allergies into consideration in your planning.

## DRINKS

10-DAY SUPPLY

### FOOD GROUP

### QUANTITY

### REMARKS

Drinks

20 litres

An additional amount was added to the suggested supply of drinks, so that water is also available for the preparation of food such as pasta, rice or potatoes, independent of the public drinking water supply.

## FOOD

10-DAY SUPPLY

### FOOD GROUP

### QUANTITY

Cereals,  
cereal products,  
bread, potatoes,  
pasta, rice

3.5 kg





## FOOD

10-DAY SUPPLY

FOOD GROUP	QUANTITY	REMARKS
Vegetables, pulses	4.0 kg	Remember that vegetables and pulses in a jar or in cans have already been cooked and that water is also required for dried products.
Fruit, nuts	2.5 kg	Stock up on fruit in cans or jars and only use storable fruit as fresh fruit.
Milk, milk products	2.6 kg	
Fish, meat, eggs or whole egg powder	1.5 kg	Please note that fresh eggs can only be stored for a limited time; whole egg powder, on the other hand, keeps for several years
Fats, oils	0.357 kg	
Other as desired e.g.		Sugar, sweetener, honey, marmalade, chocolate, iodised salt, convenience foods (e.g. ravioli, dried tortellini, instant soups), dry potato products (e.g. mashed potato), flour, instant broth, cocoa powder, hard biscuits, pretzel sticks

## FURTHER INFORMATION...



...can be obtained from the Federal Ministry of Food and Agriculture at [www.ernaehrungsvorsorge.de](http://www.ernaehrungsvorsorge.de). On the website [www.ernaehrungsvorsorge.de/de/private-vorsorge/notvorrat/vorratskalkulator/](http://www.ernaehrungsvorsorge.de/de/private-vorsorge/notvorrat/vorratskalkulator/), you can calculate your personal requirements using a provisions calculator.