

This checklist has been prepared by the Resilience Group to assist residents with simple preparations for adverse weather and then with further guidance to consider during any event. This checklist was not prepared as an exhaustive list but as a guide of actions to consider. You can also add additional items to the list to reflect your specific situation.

Advance Planning for Adverse Weather Event

Keeping Warm

- 1 Do you have enough fuel for any heating that you may have, recognising that your central heating may not work without electricity?
- 2 You may need to consider minimising the rooms that you use to conserve heat during the adverse weather.
- 3 Remember that multiple layers of clothing conserve heat better than a single thick layer.
- 4 You may also want to consider temporary sleeping arrangements in your warmest room.
- 5 Locate any additional blankets, sleeping bags, hot water bottles, torches (spare batteries?) or other items you have and think you may need. In the event you lose power it will be easier and safer to retrieve them now when the lights are on.

Food and Drink

- 1 Consider whether you are able to prepare hot food and drinks? You may want to have some tinned or dried foods that can be easily prepared, for example instant noodles, packet soups or other tinned foods.
- 2 Do you have adequate supplies of infant formula/food or other specialist foods for all members of the household?
- 3 If you are on a private water supply with a pump consider filling containers, which could include the bath, to give you a buffer in the event your supply is interrupted by loss of power or other events. This could also include in the event your supply becomes contaminated
- 4 Remember that if you lose your water filtration and or sterilisation equipment then you will have to boil this supply or use bottled water for drinking and brushing teeth.
- 5 Look out any thermos flasks you have and if time allows fill them with hot water in advance of any potential electricity outage.

Other Considerations

- 1 Think of the things that are important for your health and well-being, for example prescribed and over the counter medications, contact lenses or other items.
- 2 Recognising how important our pets are to us ensure you have enough pet supplies and medications to last for at least a week, but this period could be extended depending on the advance warnings.
- 3 Do you have enough fuel in your vehicle(s) in the event you may want or need to relocate to live with friends or relatives outside Ballater? You may also want to relocate your vehicles to higher ground in the event flooding is expected.
- 4 Secure all items in gardens that may be blown around and have the potential to cause injury or damage to property.
- 5 Where you have vulnerable people in your household ensure you are registered in advance with your utility suppliers as a priority service user.
- 6 You may want to look around the house for items that could become tripping or bump hazards and relocate them to a safer location in the event you think you lose main power later.
- 7 Be a good neighbour and help elderly or others who may need support in preparing for or during any adverse weather event.
- 8 In the event the adverse weather includes the potential for flooding you may wish to erect any flood prevention devices you own and compile your emergency bag and check contents against the list issued in the previous handout.
- 9 You may wish to notify relatives or friends in advance of plans in case the telephone (Mobile/landline) service is lost later.
- 10 Portable cookers that are designed for camping and garden use (including those using gas, liquid and solid fuels, including charcoal) are not safe to use indoors unless specifically designed for that location. If used incorrectly there is an increased risk of fire and explosion. Operation of them indoors may also lead to a build-up of Carbon Monoxide (CO), a colourless and odourless gas which can be lethal to both humans and animals.
- 11 The golden rule with all appliances you may want to use is to read, understand and follow the manufacturer's instructions. If you no longer have the instructions then many manufacturers now routinely make them available online for download. Where a gas appliance is designed for indoor use it is also good practice to shut off the gas at the bottle when the appliance is not in use.
- 12 Think of the safety of everyone in the household, particularly young children, the infirm and pets. Alternative heating and cooking facilities may give rise to new and attractive hazards including naked flames, hot water and trip hazards, any of which could lead to serious and long term injury.