

Before Showering — Vulnerability Checklist

You are at your most vulnerable in the shower. Minimise time and maximise readiness.

Two-person drill: one person reads the CALL column aloud, the other responds. Alternate roles each time.

Solo: read each call aloud, then answer it yourself.

	ITEM	CHECK
	News Check 	☐ Active Alerts? NONE <i>No active alerts in your area</i>
	Phone 	☐ Volume? at MAXIMUM <i>Must be audible over water</i> ☐ Phone Location? IN BATHROOM or just outside door
	☐ Clothes — FULL OUTFIT in bathroom <i>Not in another room</i> 	
	☐ Footwear — CLOSED-TOE by bathroom door 	
	☐ Towel — WITHIN REACH <i>For rapid dry-off</i>	
	☐ Bathroom Door — UNLOCKED	
	☐ Keep It Short — GET IN, GET OUT <i>Minimise shower time</i> 	

If a siren sounds while showering:

1. **Turn off water** (1 second)
2. **Grab towel** — wrap as you move (don't dry off)
3. **Step into shoes** by door
4. **Move to protected space** — clothes can wait, shelter cannot

Post this on the bathroom door or mirror. Review before every shower during wartime.