

During a Lull — Resupply & Maintenance

When there's a pause in alerts — use the window wisely. Lulls don't last.

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.

Resupply — Priority Order

	ITEM	CHECK	
	Water 	☐ Water Supply? <i>9L/person for 72h</i>	TOPPED UP
	Medications 	☐ Prescriptions? ☐ First Aid Kit?	FILLED RESTOCKED
	Power	☐ Phones? ☐ Power Banks? ☐ Torches?	CHARGED CHARGED batteries FRESH
	Food	☐ Pantry? <i>Canned goods, shelf-stable</i>	RESTOCKED
	Go Bag	☐ Bag Contents? <i>Replace used items, check expiry</i>	REPACKED
	Transport / Cash	☐ Fuel? ☐ Cash? <i>ATMs may go offline</i>	at least HALF tank WITHDRAWN
	Laundry	☐ Clean Clothes?	DONE

Home & Safety Checks

	ITEM	CHECK	
	Mamad / Shelter	☐ Condition? ☐ Door Seal?	CHECKED INTACT
	Safety	☐ Smoke Detector? ☐ Fire Extinguisher? ☐ Gas Lines? <i>Smell gas → shut off, call 102</i>	TESTED ACCESSIBLE no LEAKS
	People	☐ Family? ☐ Neighbours? <i>Especially elderly / alone</i>	CONTACTED — everyone safe CHECKED

Self-Care ☐ Slept? YES ☐ Showered? YES ☐ Outside? YES

