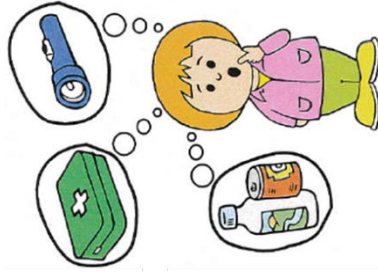


## Emergency Grab Bag checklist

### What should you put in your grab bag?

- List of prescription medications for the family
- Copy of identity documents
- Copy of insurance details
- Basic First Aid kit
- Bottled water
- Emergency food i.e. biscuits/chocolate
- Contact list – including phone numbers
- Radio (battery or wind up)
- Torch (battery or wind up)
- Spare glasses
- Basic toiletries
- Notebook, pen/pencil
- Mobile phone charger
- Spare keys for house/car



## Be Prepared:

### Items for your 'car kit' when preparing for a

#### long journey

- Ice scraper & de-icer
- Warm clothes and blanket – for you and all passengers
- Waterproof items/boots
- A snow shovel
- Road atlas
- First aid kit
- Jump leads
- Food/flask
- Medication

#### Key contacts:

[civil.contingencies@blackburn.gov.uk](mailto:civil.contingencies@blackburn.gov.uk)

[www.highways.gov.uk/traffic-information](http://www.highways.gov.uk/traffic-information)

[www.metoffice.gov.uk](http://www.metoffice.gov.uk)

[www.gov.uk/government/organisations/environmental-agency](http://www.gov.uk/government/organisations/environmental-agency)

<http://www.blackburn.gov.uk/Pages/Emergencies.aspx>

## Be prepared: Driving in difficult conditions

### Driving in ice & snow:

- Stick to the main routes where you can and avoid exposed routes
- Clear snow off the roof of the vehicle before you drive away
- Leave extra space between you and other vehicles
- Try not to brake suddenly – it may lock up your wheels and you could skid further.
- If you start to skid, steer into the direction of the skid and apply the brakes gently

### Driving in rain & floods:

- When the road is wet it can take twice as long to stop. Slow down and maintain a safe distance from the vehicle in front.
- Try to avoid driving through surface water as you might flood your engine.
- If you have to drive through floods, drive slowly, use a low gear and try to keep the engine revving at a high rate.

### Driving in fog:

- Use dipped headlights so other drivers can see you
- Fog is often patchy so try not to speed up as visibility improves. You could suddenly find yourself back in thick fog further up the road.
- If it is foggy (less than 100m visibilities) then switch on your fog lights. Do not forget to turn them off when conditions improve.

### Driving in windy weather:

- Take extra care on the roads and plan your journey by checking the latest weather conditions.
- Though high-sided vehicles are particularly affected by windy weather, strong winds can also blow other vehicles off course. This can happen on open stretches of road exposed to strong crosswinds, or when passing bridges, high-sided vehicles or gaps in trees.

