Alston Moor Emergency Response Group (AMERG)

Household emergency kit

The printable pack for Alston Moor homes

Use this pack when the power is off or the signal has gone. Fill in your plan by hand, tick off your kit, and keep it with your supplies. The fridge door works well.

In this pack

- Numbers to keep
- How much you need
- Living up here
- Kit checklist
- Household plan
- What to do: 5 guides

999

In an emergency where life is at risk, always call 999.

01434 647247

The AMERG local line, for local help that isn't a 999 call.

Online version: amerg.org/kit. Based on the government's Be Ready advice (October 2026). Facts checked 23 November 2026.

Numbers to keep

Save these in your phone. Keep this page by the phone.

999	**Emergency services** When life is at risk or a crime is happening now.
01434 647247	**AMERG local line** Alston Moor emergency response and Food Bank. For local help that isn't a 999 call.
105	**Power cut** Free. Reaches your local electricity network in England, Scotland and Wales.
111	**NHS 111** Urgent medical help that isn't an emergency, in England, Scotland and Wales.
0800 111 999	**Smell gas or carbon monoxide** National Gas Emergency Service, free, day and night.
0345 988 1188	**Floodline** Flood warnings and advice for England, Scotland and Wales, 24 hours.
101	**Police, non-emergency** To report something that doesn't need an urgent response.

Your own numbers

Who	Number
GP surgery	
Water company, or who fixes our private supply	
Heating fuel supplier	
Electricity supplier	
A neighbour	
Someone outside the area	

How much do you need?

Drinking water: **3 litres per person per day**, plus extra for cooking and washing. Food: three meals a day that need no fridge or cooking. The government says at least 3 days. **Up here, aim for 7 in winter.**

Household	For 3 days	For 7 days (winter)
1 person	9 litres · 9 meals	**21 litres · 21 meals**
2 people	18 litres · 18 meals	**42 litres · 42 meals**
3 people	27 litres · 27 meals	**63 litres · 63 meals**
4 people	36 litres · 36 meals	**84 litres · 84 meals**
5 people	45 litres · 45 meals	**105 litres · 105 meals**
6 people	54 litres · 54 meals	**126 litres · 126 meals**

Add nappies, formula, pet food and medicines for the same number of days. The online calculator at amerg.org/kit works it out for your household.

Living up here

Things town guides forget.

Snowed in. Roads in and out can close in snow. Keep more than three days of food, fuel and medicines through the winter.

Private water. On a spring or borehole? If the pump needs power, no electricity means no water. Store more.

Oil, LPG and solid fuel. Many homes have no mains gas. Order fuel before winter, and know that most boilers need power to run.

Medicines. Order repeat prescriptions early when bad weather is forecast. Keep a written list of names and doses.

Patchy signal. Mobile signal can drop out. Know where to go and what to do with AMERG'sNo signal plan.

Neighbours. Swap numbers with the people near you, and check on anyone who lives alone.

The nine essentials

The government recommends these for every home.

Water. 3 litres per person per day for drinking, plus extra for cooking and washing.

Food. Three days of food that needs no fridge or cooking. Pick things you already like to eat.

Hygiene. Hand sanitiser, wet wipes and bathroom products for when taps run dry.

Light and warmth. A torch with spare batteries, blankets, sleeping bags and warm clothes.

Communication. A wind-up or battery radio and a charged power bank for your phone.

Money and documents. Cash in coins and notes, copies of ID and documents, and phone numbers on paper.

Medical. A first aid kit, essential medicines and a written list of names and doses.

Baby. Ready-to-feed formula in case water can't be boiled, plus nappies and wipes.

Pets. Pet food and bottled water so nobody in the family goes without.

Get ready in three steps

No bunkers. No panic buying. Just a little, often.

1. Plan. Fill in your household plan: who to call, where to meet, and how to turn off the water, gas and electricity.

2. Gather. Add a few items to each shop. Use the calculator to see how much water and food your household needs.

3. Check. Every six months, check use-by dates, swap out old water and batteries, and update the plan if life has changed.

Kit checklist

Tick things off as you gather them. Check everything every 6 months.

Water

- [ ] Drinking water for 3 days
  3 litres per person per day. Use the calculator for your total.
- [ ] Extra water for cooking and washing
- [ ] Dates written on stored bottles
  So you know when to swap them.

Food

- [ ] 3 days of no-cook food
  Tinned meat, fish and vegetables, dried fruit, nuts.
- [ ] Food you and your family already eat
- [ ] Manual tin opener

Hygiene

- [ ] Hand sanitiser
- [ ] Wet wipes
- [ ] Toilet roll and bathroom products
- [ ] Bin bags

Light and warmth

- [ ] Battery or wind-up torch
  Safer than candles.
- [ ] Spare batteries
- [ ] Blankets or sleeping bags
- [ ] Warm clothes and waterproofs

Communication

- [ ] Wind-up or battery radio
  For news when phones and internet are down.
- [ ] Charged power bank
- [ ] Phone charging cables

Money and documents

- [ ] Cash in coins and notes
  Card machines may not work.
- [ ] Copies of ID and important documents
- [ ] Important phone numbers written on paper
- [ ] Insurance policy details

Medical

- [ ] First aid kit
- [ ] Essential medicines
- [ ] Written list of medicine names and doses
- [ ] Spare glasses, hearing aid batteries or other aids

Baby

- [ ] Ready-to-feed formula
  In case water can’t be boiled.
- [ ] Nappies and wipes

Pets

- [ ] Pet food
- [ ] Bottled water for pets
- [ ] Pet carrier and lead

Home and plan

- [ ] Household plan filled in and printed
  Use the household plan page.
- [ ] Know how to turn off water, gas and electricity
- [ ] Signed up for flood warnings, if you're at risk
- [ ] Swapped numbers with neighbours
- [ ] Reminder set to check the kit every 6 months

Living up here

- [ ] Heating fuel ordered before winter
  Oil, LPG, coal or logs.
- [ ] Food, fuel and medicines for longer than 3 days
  Roads in and out can close in snow.
- [ ] Snow shovel, and grit or salt
- [ ] Warm boots and outdoor clothes for everyone
- [ ] Car kit: blanket, shovel, torch and phone charger
- [ ] Extra water stored, if you are on a private supply
  Electric pumps stop in a power cut.
- [ ] AMERG local line 01434 647247 saved in your phone
- [ ] Know about AMERG's Vulnerable Neighbours list
  Join it if you or someone you care for would need checking on.

Our household emergency plan

Emergency 999 · AMERG local line 01434 647247 · Power cut 105 · NHS 111 · Gas 0800 111 999 · Floodline 0345 988 1188

Who lives here

Include anyone who needs extra help, and their medicines and doses.

Name	Mobile	Medicines, doses or needs

People to call

Include one person who lives outside the area.

Name	Who they are	Phone

Where we meet

Near home

Outside our area

Turning things off – where each one is

Water stopcock

Fuse box

Gas valve, or oil or LPG shut-off

Useful details

Water company and phone

Home insurer, phone and policy number

GP surgery and phone

Local radio station (for example, BBC Radio Cumbria)

Schools or childcare and phone

Pets and vet phone

Heating fuel supplier and phone

Private water supply: where the pump is, and who to call

Anything else

Where the kit is kept, who checks on which neighbour, spare key holders.

Snow and ice: When the snow comes in.

Snow can cut Alston Moor off for days. A little planning in autumn makes winter far easier.

> Stuck or worried? Call the AMERG local line on 01434 647247. In an emergency where life is at risk, call 999.

Before Prepare

- Order heating fuel before winter: oil, LPG, coal or logs.
- Keep more than three days of food, medicines and pet food in.
- Order repeat prescriptions early when snow is forecast.
- Have a snow shovel, and grit or salt for your path.
- Check Met Office weather warnings for your area.

During Stay safe

- Only travel if you really have to. If you must go, tell someone your route.
- Keep one room warm and close the doors to keep the heat in.
- Keep a little heating on to stop pipes freezing.
- Check on older or vulnerable neighbours if it’s safe to do so.
- Never use a gas cooker, barbecue or generator indoors for heat.

After Recover

- Clear paths and steps, and grit them so they don’t refreeze.
- Check your pipes for leaks as things thaw.
- Top up your fuel, food and medicines ready for the next spell.

Power cuts: When the lights go out.

Power cuts can last minutes or days. A torch, a charged power bank and one phone number make them far easier.

Call 105 to report a power cut or get updates. It's free and connects you to your local electricity network in England, Scotland and Wales, whoever you pay your bills to.

More help: our Power cuts and batteries page has much more, including batteries and power banks.

Before Prepare

- Keep a torch and spare batteries where you can find them in the dark. Torches are safer than candles.
- Keep a power bank charged, and a wind-up or battery radio for updates.
- If someone at home relies on medical equipment, or needs extra help, ask your electricity network to add you to its free Priority Services Register.
- Know where your fuse box is and how to reset a tripped switch.

During Stay safe

- Check whether neighbours have power too. If it's just you, check your fuse box first.
- Call 105 to report it and get an estimate for when power will be back.
- Switch off appliances like irons and hair straighteners that could come back on by themselves. Leave one light switched on so you know when power returns.
- Keep fridge and freezer doors closed to keep food cold for longer.
- Never use a gas cooker, barbecue or generator indoors for heat. They can produce deadly carbon monoxide.
- Check on older or vulnerable neighbours if it's safe to do so.

After Recover

- Switch appliances back on one at a time.
- Check food in the fridge and freezer. If in doubt, throw it out.
- Recharge your torch batteries and power bank, and replace anything you used.

Flooding: When the water rises.

Flooding can happen fast. Knowing your risk and signing up for warnings gives you time to act.

Never walk or drive through flood water. Just 15cm of fast-flowing water can knock you off your feet, and 30cm can float a car. Call 999 if you or anyone else is in danger.

Flood alert
Flooding is possible. Be prepared.

Flood warning
Flooding is expected. Take action now.

Severe flood warning
Severe flooding. Danger to life.

Before Prepare

- Check your flood risk and sign up for free flood warnings at gov.uk or by calling Floodline on 0345 988 1188.
- Learn how to turn off your gas, electricity and water at the mains.
- Keep a flood kit with your insurance details, phone numbers, medicines, torch and warm clothes.
- Decide which valuables and documents you would move upstairs first.

During Stay safe

- Follow advice from the emergency services. Leave if you're told to.
- Move people, pets and valuables upstairs or to higher ground.
- Turn off gas, electricity and water if it's safe. Never touch electrics while standing in water.
- Listen to local radio for updates, and check on vulnerable neighbours.

After Recover

- Don't return home until you're told it's safe.
- Flood water can be contaminated. Wear gloves and wash your hands well.
- Take photos of the damage and contact your insurer as soon as you can.
- Have a qualified electrician and a Gas Safe engineer check things before you switch back on.

Storms: When the wind picks up.

The Met Office names storms and issues yellow, amber and red warnings. The higher the warning, the more likely it is to affect you.

Stay well away from fallen power lines. Always treat them as live. Report them by calling 105, or 999 if someone is in danger.

Before Prepare

- Check Met Office weather warnings for your area.
- Tie down or bring in things that could blow about: bins, garden furniture, trampolines.
- Charge your phone and power bank, and get your torch and radio ready in case the power goes.
- If you can, park your car away from trees, walls and fences.

During Stay safe

- Stay indoors and keep away from windows.
- Only travel if you really need to. Expect fallen trees and disruption.
- Keep away from the coast, sea fronts and cliff edges in high winds and big waves.
- Don’t go outside to repair damage while the storm is still blowing.

After Recover

- Check your home for damage when it’s safe, and keep away from loose roof tiles and damaged walls.
- Report fallen trees on roads to your local council, and damaged power lines to 105.
- Check on neighbours, especially older people who live alone.

Water supply: When the taps run dry.

Burst mains, freezing weather or contamination can cut off or spoil your water. Stored bottled water keeps you going.

Your water company is your first call. Its number is on your water bill. Ask to join its free Priority Services Register if anyone at home would need water delivered.

On a private supply? Your water company can't help with a spring or borehole. If your pump needs electricity, a power cut means no water, so store extra and know who to call to fix it.

Before Prepare

- Store bottled water: 3 litres per person per day for drinking, for at least three days.
- Know who your water company is and find your stopcock, usually under the kitchen sink.
- Keep wet wipes and hand sanitiser for when you can't wash.
- Insulate pipes in lofts and outbuildings before winter.

During Stay safe

- Check your water company's website or social media for updates and bottled water stations.
- If you're told to boil water, boil it and let it cool before drinking or brushing teeth.
- Save stored water for drinking. A bucket of non-drinking water can flush a toilet.
- If a pipe bursts, turn off your water at the stopcock straight away.

After Recover

- When water comes back, run the cold kitchen tap until the water runs clear.
- Follow any instructions from your water company about when the water is safe to drink.
- Replace any bottled water you used, and note the date on the new bottles.

Based on advice from GOV.UK, the Environment Agency, the Met Office and Power Cut 105. Always follow instructions from the emergency services, Westmorland and Furness Council and AMERG. © 2026 Alston Moor Emergency Response Group.