FIELD NOTE: **Talk under the Parachute – Preparation !**

DATE: **Saturday 17 Oct 26**

Being prepared in line with the Government's resilience strategy – practical advice on 'What if' there are severe weather events, hostile state actions, and/or cyber-attacks on critical infrastructure –

CHECK https://prepare.campaign.gov.uk/ and stock up BEFORE IT HAPPENS !

The scenario we discussed: An event, either natural or man-made affecting critical infrastructures causing: Power Outages, Network Outages, Water Service Outages – essentially; Regions or the Country 'Going Dark'

The 5 P's: 'Preparation and Planning Prevents Poor Performance'

Some things to consider:

If caught 'out and about'

- Family Rendezvous (RV) System that can be implemented without Comms in case Comms are down
- Home the main RV. But.. what if the family group is dispersed e.g. work, school, Uni etc – Walk? Stay put?
- Agreed alternative RV that everyone knows – Talk through the plan at least.
- Traffic disruption, with gridlock possible – signals may fail and many.. many people will be trying to get home.
- Carry some water and food... maybe money too just in case ! (Shops will most likely be closed or card machines not working)

At Home Base

- Sanitation: Toilets *may* not flush if water is off – alternatives: Bucket and plastic bags for defecation, Double bag, seal securely. Bucket with lid for urination – Bag/Sawdust/Cat Litter etc to absorb liquid. (Don't add Bleach or Cleaning Chemicals to the bucket) Don't let it get too full. Double bag and seal securely and dispose of as per local emergency waste disposal instructions.
- Wash hands with soap and water if possible – Anti-Bac Gel or Wipes etc – Keep Hands as Clean as Possible
- Personal Hygiene – Either source and store water for personal hygiene or use Wet-wipes etc – DON'T sacrifice drinking water. Have a plan ! (See 5 P's)
- Comms out – Battery/wind-up powered Radio –Try FM and DAB; Don't depend on internet radio.
- Neighbourhood Support Plan: Elderly or Vulnerable in your area – Look out for them ! Have the chat before the event ! - Form a support network.

Staying Safe:

- Securing the home was discussed: It is likely that candles and open flame cooking on portable stoves will be used - stoves should not be used indoors - carbon monoxide can kill – FIRE SAFETY MUST BE PARAMOUNT
- FIRST AID... Try 999/112 in an emergency – your mobile *may* connect through another available network
- Talk it through, Write it down... maybe even walk it through... let everyone ask 'What if ?'

These events may never occur... BUT... as they say in the Military... *'Hope for the Best, Prepare for the worst'* at best... it'll be a funny story in the future – 'Remember when we did all that stuff to be prepared... and nothing happened'

As a Combat Veteran once said *"Hope is the last thought of the ill-prepared"*