



PLAN B

BE PREPARED.
STAY SAFE.
LOOK AFTER
EACH OTHER.

WHAT RUNS OUT FIRST DURING A NATIONAL EMERGENCY?



When disaster strikes, supply chains break and demand rises fast.
These are the items that typically disappear first.

PREPARE NOW.
AVOID THE RUSH.

RUNS OUT IN	ITEM	WHY IT RUNS OUT FAST	WHAT TO DO NOW
 1-3 DAYS	 FUEL (PETROL & DIESEL)	High demand for filling stations, generators, heating and evacuations.	 Keep your tank at least 1/2 full. Store extra fuel safely.
 1-3 DAYS	 FRESH FOOD & MILK	Perishable items spoil quickly and stores can't restock.	 Buy non-perishables and freeze what you can.
 3-7 DAYS	 BOTTLED WATER	Panic buying and supply chain delays hit water supplies fast.	 Store at least 1 gallon (4.5 litres) per person per day, for several weeks.
 3-7 DAYS	 MEDICATION	Pharmacies run out due to surges in demand and delivery delays.	 Keep a 30 day supply of essential medication. Request repeats early.
 1-2 WEEKS	 TOILET PAPER & HYGIENE	Always in high demand but low priority for emergency shipments.	 Stock up on essentials such as toilet roll, soap, hand sanitiser and wipes.
 1-2 WEEKS	 BATTERIES	Needed for torches, radios, devices and other essential equipment.	 Keep a variety of sizes (AA, AAA, D, etc.) and rechargeable options.
 2-4 WEEKS	 PAPER TOWELS & NAPKINS	Convenience items people panic buy in large quantities.	 Buy extra when you see them and store in a dry place.
 4+ WEEKS	 PET FOOD	Lower priority for suppliers and high demand from pet owners.	 Keep a 1-2 month supply of pet food and other essentials.



REMEMBER:

- ✓ The earlier you prepare, the more options you have.
- ✓ Store what your family needs to survive.
- ✓ Don't wait for a warning.
- ✓ Be ready for the unexpected.

Prepared People Are Safer People.



GENERAL TIPS:

- ✓ Build a 30-90 day supply of essentials.
- ✓ Shop smart and rotate your stocks.
- ✓ Stay informed and have a plan.
- ✓ Talk to neighbours and community.
- ✓ Keep important documents in a safe place.



haveaplanb.co.uk



**THINGS
HAPPEN.
BE READY.**