

BATMED – Serenity Kit

72 Hours of Self-Sufficiency (Switzerland)

Prepare calmly and thoughtfully, adapting the quantities to your household.

Emergency numbers: **117 Police** · **144 Ambulance** · **118 Fire Brigade**

 Water

- () 3 L per person / day × 3 days = 9 L per person
 - () Closed bottles or jugs
 - () Purification tablets / water filter
 - () Clean, refillable containers
 - () **Water instructions:** boil if possible (1 minute of rolling boil), store in closed containers to prevent re-contamination
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 Food (no-cook or easy-to-prepare)

- () Canned goods (meals, vegetables, fruit)
 - () Energy bars / dried fruit / biscuits
 - () Pasta / rice / instant soups
 - () Manual can opener & utensils
 - () Salt / sugar / oil
 - () Baby: powdered milk (1–2 tins / 3 days), 6–8 diapers / day, wipes
 - () **Allergies / special diets:** suitable foods (gluten-free, lactose-free, vegetarian, diabetic-friendly)
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 Energy, Light & Communication

- () Flashlight (+ batteries)
 - () Candles + lighter / matches
 - () Charged power bank
 - () Battery / hand-crank radio
 - () Spare phone + prepaid SIM card
 - () Solar charger (optional)
 - () Power strip with surge protection
 - () Printed list of key numbers (family, neighbours, doctor, municipality)
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BATMED Brilliant Answers To Manage Every Day

Basic Tools

- () Multi-tool knife or multi-purpose tool (e.g. Leatherman)
 - () Sturdy adhesive tape (duct tape), string
 - () Nails, small hammer, screwdriver (for minor repairs)
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Health & Hygiene

- () First-aid kit (plasters, disinfectant, scissors, compresses, tourniquet, thermal blanket)
 - () Personal medicines (7–14 days) + prescriptions
 - () **Iodine tablets:** keep dry, follow OFPP instructions (dosage: adults 130 mg, children per age; do not take without official notification; see www.alertswiss.ch)
 - () FFP2 / FFP3 masks (optional, for chemical / biological risks as per OFPP)
 - () Soap / gel / wipes (10–14 per day / person)
 - () Toilet paper (2 rolls / week)
 - () Strong garbage bags (10–15 / week)
 - () Gloves, masks
 - () Separated area to store waste if collection is interrupted
 - () Printed guide to first-aid techniques (Swiss Red Cross)
 - () Basic first-aid training completed (optional, via samaritans.ch)
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Documents & Money

- () Copies of ID / insurance / prescriptions
 - () Printed contact list
 - () Cash (small notes / coins)
 - () **Secure USB drive:** encrypted (password-protected), backup stored outside home (e.g. with a relative)
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Warmth & Clothing

- () Warm / waterproof clothing
 - () Emergency blanket / plaid
 - () Sturdy shoes, gloves, hat
 - () **Severe-weather equipment:** sturdy umbrella, plastic tarp, rope
 - () **Extreme conditions:** protective goggles (wind / snow), compact sleeping bag (for cold-region evacuation)
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Specific Needs

- () Seniors (mobility aids, medicines, glasses)
 - () Children: compact games (cards, crayons, notebook), headlamp, comfort toy
 - () Adults / teens: notebook + pen, offline music (MP3 player), light book
 - () **Psychological support:** simple relaxation techniques (breathing, meditation), helpline number (e.g. La Main Tendue 143)
 - () People with reduced mobility: medical-device batteries, foldable wheelchair
 - () Visually impaired: large-print labels, Braille documents
 - () **Deaf / hard of hearing:** visual / vibrating alarms, clear written instructions, SMS emergency contact (e.g. 144)
 - () Pets: food (1–2 kg / week), bowl, water, leash, health record booklet
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Emergency Evacuation

- () Lightweight backpack per person (water 1 L, energy bar, ID copy, flashlight, survival blanket, mask)
 - () **Family evacuation plan:** at least 2 routes, meeting point outside home, plan for animals (transport, shelter)
 - () Paper map of the region (in case of GPS failure)
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Options for 7 Days (if possible)

- () 14–21 L water / person
 - () Varied meals (canned protein, legumes, starches, fruit / vegetables in cans)
 - () Camping stove + fuel (ventilated area, safe use)
 - () Gas or alcohol stove (ensure good ventilation)
 - () Chemical hand warmers (safe use – hands / sleeping bag)
 - () Rotate stocks (consume → replace)
 - () **Alertswiss app** installed (cantonal alerts)
 - () Weather monitoring via **MeteoSwiss**
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Community

- () List of neighbourhood / municipal contacts (block leader, civil protection)
 - () Mutual support plan (sharing water, tools, shelter with neighbours)
 - () **Contact with authorities:** know your local contact point (civil protection, municipality) to report needs or receive instructions
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- () Nuclear shelter: check ventilation, sealing and access (according to OFPP)
- () Store the kit in a dry, accessible place (labelled boxes)
- () **Pest control:** non-toxic traps, repellents (for cellar / shelter)
- () **Stock rotation:** label expiry dates, use a calendar (e.g. March / September) to consume / replace
- () **Test electronic devices:** check power bank, radio, and spare phone every 6 months

Use this table to estimate your needs based on your household size.

Category	Formula	Total Quantity
Water	Number of people $\times$ 3 L $\times$ 3 days	
Food	Meals / day $\times$ 3 days $\times$ number of people	
Specific foods	Adjusted quantity / person $\times$ 3 days	
Medicines	7–14 days $\times$ treatments / person	
Wipes / Hygiene	10–14 / day / person $\times$ 3 days	
Garbage bags	10–15 / week	
Iodine tablets	According to cantonal recommendations	

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