OUT AND ABOUT EMERGENCY KIT

When the weather outside is changing frequently, it's good to have a few things with you to hand if you get stuck. Use our checklists below for summer, winter or what to keep in a car to make sure you have what you need when out and about in different weathers

Summer checklist

- [ ] Water bottle
- [ ] Sunglasses
- [ ] Suncream
- [ ] Hat or head covering
- [ ] Light, breathable clothing
- [ ] Mini handheld fan
- [ ] Insect repellent
- [ ] Electrolyte sachets/rehydration salts
- [ ] Mini first aid kit (plasters, pain relief)
- [ ] Map/printed directions





Winter checklist



- [ ] Warm hat
- [ ] Gloves and scarf
- [ ] Extra layers (jumper, fleece, thermal top)
- [ ] Water bottle
- [ ] Sunglasses (useful for low sun and snow)
- [ ] Snacks (energy bars, nuts)
- [ ] Phone
- [ ] Battery pack
- [ ] Small torch
- [ ] Mini first aid kit (plasters, pain relief)
- [ ] Map/printed directions

What to keep in a car

- [ ] Warm blanket or extra layers
- [ ] Bottle of water
- [ ] Non-perishable snacks (energy bars, nuts)
- [ ] Torch and spare batteries
- [ ] Phone and phone charger
- [ ] Ice scraper and de-icer
- [ ] High-vis vest
- [ ] First aid kit
- [ ] Emergency foil blanket
- [ ] Gloves and hat
- [ ] Small amount of cash
- [ ] Map or printed directions
- [ ] Sturdy shoes
- [ ] Window shades



GROUNDWORK
GREATER MANCHESTER