

72 HOURS WITHOUT POWER?

Netherlands blackout & emergency kit guide

What to prepare • What to do • What stays safe



HÖKMI
H O K I M I

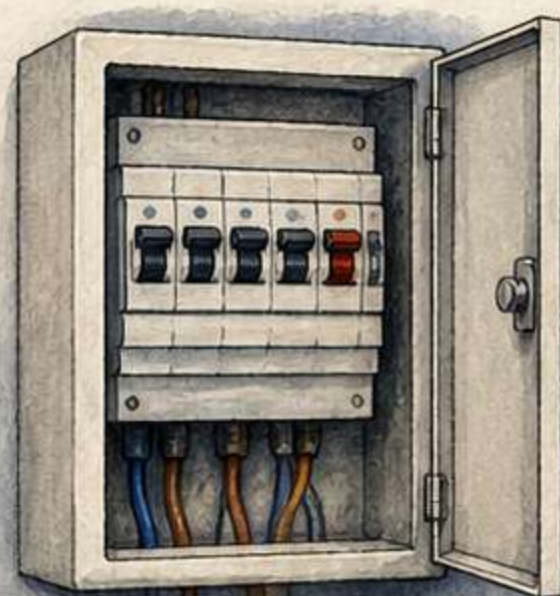
IS IT JUST YOUR HOME?

1

Check the fuse box



Reset a tripped breaker only if it is safe.



2

Look outside

Ask neighbours. Are streetlights or nearby homes dark too?



3

Report the outage



National outage number:
0800-9009



Call 112 only for immediate danger or a medical emergency.



WHAT MAY FAIL NEXT?



Wi-Fi and home internet



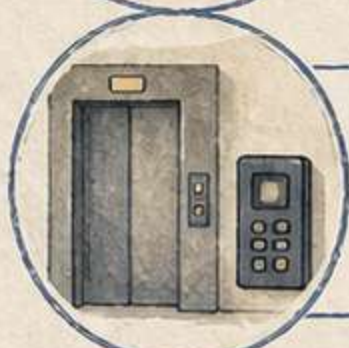
Card payments and ATMs



Mobile networks
may overload



Heating and hot
water systems



Lifts, door entry
and traffic lights



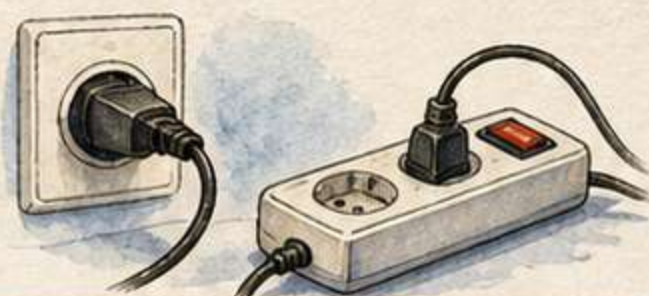
Water pressure
may eventually fall



Prepare before
every service is affected.

THE FIRST 15 MINUTES

- ☐ Unplug sensitive appliances



- ☐ Leave one lamp switched on



- ☐ Keep the fridge and freezer closed



- ☐ Use low-power mode on your phone



- ☐ Check official information



- ☐ Look in on neighbours who may need help



Stay calm. Save power. Prevent damage.



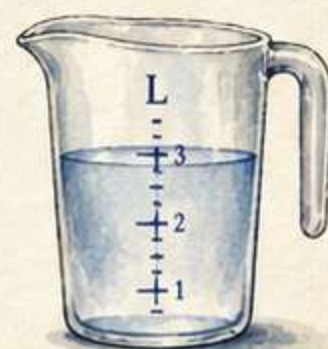
WATER FOR 72 HOURS

3 litres $\times$ 3 days = 9 litres per person

1 person **9 L**



2 people **18 L**



3 people **27 L**



4 people **36 L**



Add extra for babies,
medical needs and pets.

Store sealed water in a
cool, dark place.

FOOD THAT WORKS WITHOUT POWER



Ready to eat

- ☐ Tinned beans, vegetables or fish
- ☐ Crackers, wraps or crispbread
- ☐ Nuts and dried fruit
- ☐ Oats and long-life milk
- ☐ Fruit cups and spreads

Do not forget

- ☐ Manual can opener
- ☐ Pet food and baby food
- ☐ Food for allergies or special diets



Choose foods your household already eats. Rotate them before they expire.

LIGHT, POWER & INFORMATION



Torch or head torch



Spare batteries



Charged power banks



Battery or wind-up radio



Charging cables for essential devices



Fire and carbon monoxide safety

Use a torch first. Never use a barbecue or generator indoors. Never leave candles unattended.



CASH, KEYS & DOCUMENTS

Suggested cash for 72 hours

€70
per adult

€30
per child



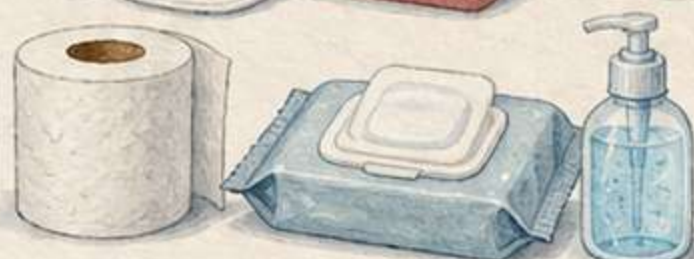
- ✓ Use small notes and coins
- ✓ Copies of identity documents
- ✓ Printed emergency contacts
- ✓ Spare home and car keys
- ✓ Keep everything dry and easy to reach.



Build the cash reserve gradually.
Keep more than one way to pay.

MAKE THE KIT FIT YOUR LIFE

- ☐ Prescription medicines
- ☐ First-aid kit and instructions
- ☐ Glasses, hearing-aid batteries or mobility needs
- ☐ Baby food, nappies and formula water
- ☐ Period products
- ☐ Toilet paper, wet wipes and hand gel
- ☐ Pet food, water and medicines
- ☐ Comfort item for children



Think about what
cannot wait 72 hours.

KEEP WARM SAFELY



Close windows
and internal doors



Use and heat
the smallest room



Wear several
loose layers



Use blankets, hats
and warm socks



Check older
neighbours and
young children



Carbon monoxide warning

Never bring a barbecue, camping stove
or generator indoors. Keep ventilation
openings clear.

MAKE A PLAN BEFORE SIGNAL DISAPPEARS

- 1 Choose a household meeting point



- 2 Print important phone numbers



- 3 Choose one contact outside your area



- 4 Write down medical and care needs



- 5 Agree who checks children, older people and pets

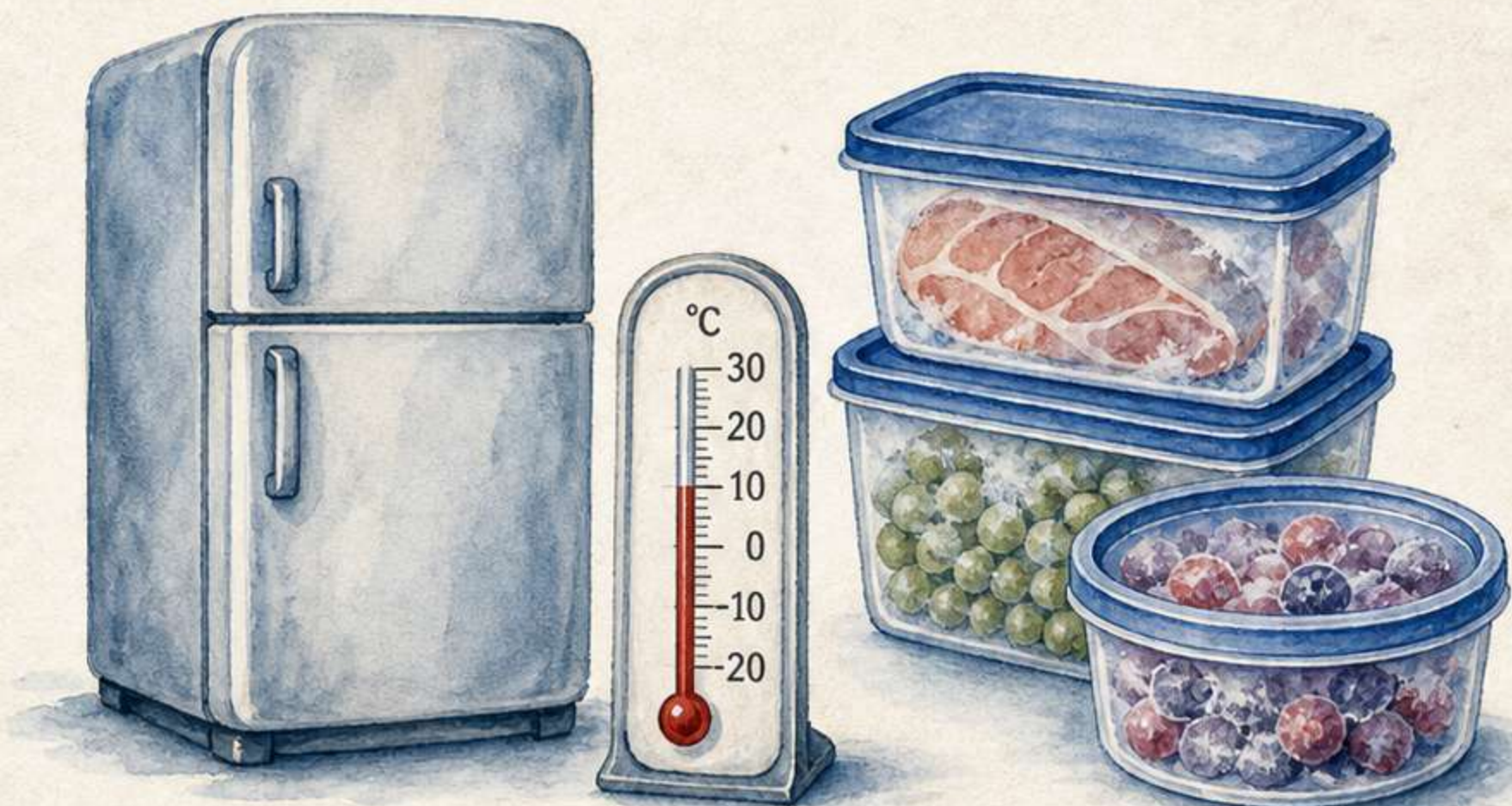


- 6 Know your regional radio station



Follow NL-Alert, your municipality, safety region and regional broadcaster when available.

IS THE FOOD STILL SAFE?



FRIDGE



Keep the door closed. Use a thermometer.



Above 10°C: discard high-risk foods such as meat, fish, soft cheese and cut vegetables.



Above 15°C: also discard milk, yoghurt and opened sauces or soups.

FREEZER



Still hard: it can go back in the freezer.



Soft outside: do not refreeze. Chill and eat within 2 days.



Fully thawed: discard high-risk meat and fish.



When in doubt, protect your health.

CHECK WHAT DEPENDS ON ELECTRICITY



Lift and stair access



Electronic door
or intercom



Medical or
mobility equipment



Refrigerated
medicines



Charging plan for
essential devices



A neighbour or
carer who can check in



If a health need cannot safely wait,
make an individual plan with your
care provider before an outage.

BUILD IT WITHOUT PANIC-BUYING

1 WEEK 1

Check what you already own



2 WEEK 2

Add water and long-life food



3 WEEK 3

Add light, radio, power and first aid



4 WEEK 4

Add personal items, cash and documents



Store it together in a dry, reachable place.



Check dates, batteries and family needs every 6 months.

Prepared is practical, not extreme.

SAVE THIS 72-HOUR CHECKLIST

- | | |
|--|---|
| ☐ 9 L water per person | ☐ Blankets and warm layers |
| ☐ Long-life food | ☐ Hygiene supplies |
| ☐ Manual can opener | ☐ Cash |
| ☐ Torch and batteries | ☐ Documents and spare keys |
| ☐ Radio and power banks | ☐ Baby and pet supplies |
| ☐ First aid and medicines | ☐ Household emergency plan |



More local guides, daily picks & deals

HOKIMI

 hokimi.com

 WhatsApp +31 6 30 75 87 91

 info@hokimi.com

 Instagram @hokimi_nl

 Official emergency guidance: denkvooruit.nl