FREE GIFT · THE 7-72 METHOD

The 7-Day Plan

Your family prepared in one week, with one small task a day

20 to 45 minutes a day. No rush and no fear.



HOW IT WORKS

One week, one task a day

The guide tells you what to do. This plan tells you **when**. Each day has just one task, the time it takes, what you need and the page of the guide where everything is explained.

Pick your time

Always the same one: after dinner, Saturday morning...

One day at a time

If you can't do it one day, that's fine: carry on the next day.

Tick what you do

Every box you tick is one more step. You will feel the difference.

Your week

1	Get the family together	30 minutes	p. 7	☐
2	Meeting points and messages	30 minutes	pp. 10–15	☐
3	Your water supply	30 minutes	p. 22	☐
4	Your 3-day food store	45 minutes, plus shopping	pp. 24–29	☐
5	Light, radio and power	20 minutes	pp. 30, 31	☐
6	First aid, medication, warmth and hygiene	40 minutes	pp. 32–35, 48	☐
7	Folder, grab bag and practice drill	45 minutes	pp. 18, 40, 111	☐

When you finish day 7, your family can look after itself for 72 hours.

DAY 1

Get the family together

⏱ 30 minutes | You need: The guide, printed or open, and a pen



Everything starts with knowing who you are, what each person needs and who to call. Today you don't buy anything: you just sit down together.

Today you

- [ ] Sit down together, with no screens, for half an hour.
- [ ] Fill in **Form 1. Who we are** and **Form 2. Our health**: allergies, medication and each person's needs.
- [ ] Write down who to call (**Form 4**) and a contact in another town (**Form 5**).
- [ ] Save the emergency number, **999**, on every mobile.
- [ ] Calmly tell the little ones that this week you are going to make “the family plan”.

> **If you have time left:** If you have a pet, fill in **Form 3. Our pets** too.

Done on _____ Guide, p. 7

DAY 2

Meeting points and messages

⏱ 30 minutes | You need: Yesterday's forms, paper for the fridge



If something happens while you are apart, everyone needs to know where to go and how to get a message through, even with no signal.

Today you

- ☐ Choose a **meeting point** near home and another outside the neighbourhood (**Form 7**).
- ☐ Agree how to reach each other if the phones go down: short messages and the contact in another town (**Form 6**).
- ☐ Fill in a **pocket card** for each person (**Form 13**) and keep it in their wallet or bag.
- ☐ Put the **fridge sheet** (**Form 14**) up where everyone can see it.

> **If you have time left:** If you have 10 more minutes, walk the route to the first meeting point.

Done on _____ Guide, pp. 10 to 15

DAY 3

Your water supply

⏱ 30 minutes | You need: Bottles or large containers, a marker pen



Water is the first thing to run out and the easiest to sort out. One shop and it is ready for months.

Today you

- [ ] Allow **3 litres per person per day**, for 3 days. For 4 people that is 36 litres.
- [ ] Check the official minimum for your country on the last page of the guide, “Useful information”.
- [ ] Buy or fill the bottles and containers you are missing.
- [ ] Store them somewhere cool and dark, away from cleaning products.
- [ ] Write the date on each container.

> **If you have time left:** Don't forget your pets' water: the guide tells you how much by weight.

Done on _____ Guide, p. 22

DAY 4

Your 3-day food store

⏱ 45 minutes, plus shopping

You need: The list in the guide, your shopping bags



Food that needs no fridge or cooking, that your family likes and can eat for 3 days without cooking.

Today you

- [ ] Look at the **3-day menu** in the guide and choose what your family likes.
- [ ] Make the list: food that needs no fridge or cooking, and ring-pull tins.
- [ ] Add a **manual tin opener** for tins without a ring pull.
- [ ] Think about anyone who eats differently: babies, older people, allergies or intolerances.
- [ ] Buy it and store it all together, with the best-before dates in sight.

If you have time left: Tip: buy what you already eat. That way you use it and replace it before it goes out of date.

Done on _____ Guide, pp. 24 to 29

DAY 5

Light, radio and power

⏱ 20 minutes | You need: Torches, batteries, a radio, a power bank



When the power goes out, what calms people most is being able to see, knowing what is happening and being able to reach your loved ones.

Today you

- [ ] Have **one torch per person**, with spare batteries.
- [ ] Get a **battery or wind-up radio** and check it picks up stations.
- [ ] Keep a **power bank** charged.
- [ ] Keep everything in a place the whole family knows.

> **If you have time left:** Try it tonight: switch the lights off for 10 minutes and check everything works.

Done on _____ Guide, pp. 30 and 31

DAY 6

First aid, medication, warmth and hygiene

⏱ 40 minutes | You need: Your home first aid kit, the list in the guide



What looks after your family's health and comfort while you wait: dressings, medicines, warmth and keeping clean.

Today you

- [ ] Check your **first aid kit** against the list in the guide and replace what is missing.
- [ ] Ask your GP or pharmacist how to keep your **regular medication** for a few extra days.
- [ ] Keep **blankets and warm clothes** to hand for each person.
- [ ] Get the **hygiene** basics ready: toilet roll, wet wipes, hand gel, bin bags.

If you have time left: If anyone uses glasses, hearing aids or battery-powered devices, add spares or chargers.

Done on _____ Guide, pp. 32 to 35 and 48

DAY 7

Folder, grab bag and practice drill

⏱ 45 minutes | You need: Copies of documents, a waterproof bag, a rucksack



The last step brings everything together and puts it to the test. When you finish today, your family has its plan.

Today you

- [ ] Keep copies of your important **documents** in a waterproof bag.
- [ ] Pack the **grab bag** with the basics from the list in the guide.
- [ ] Do the **15-minute family practice drill**: like a game, with no rush.
- [ ] When you finish, talk together: what went well? What can we improve?

> **If you have time left:** With children, read the story “The Night the Lights Went Out” first: that way the drill is an adventure, not a fright.

Done on _____ Guide, pp. 18, 40 and 111

You did it!



In seven days your family went from “we'll do it one day” to having a plan. That is worth a lot.

Prepared family

The _____ family completed their plan on _____

Next reviews	Date	Done
After 6 months: water, food and batteries		☐
After a year: the whole plan and a practice drill		☐