BR!GHT | A PRACTICE RUN FOR YOUR HOUSEHOLD

Are we prepared?

2 hrs
ONE EVENING

One ordinary evening, played as a game. Pretend the power, water and mobile network are down, then see what you can find, what works, and what you're missing. No panic, just a list of what to fix.

1. Pick an evening

A calm weeknight or weekend works. Everyone at home takes part, including children, who make good "inventory detectives".

2. Agree on the rules

Don't use light switches, taps, the hob, the kettle or mobile data. Leave the fuse box alone so the fridge and freezer stay on.

3. Choose a note-taker

Pen and paper only. Write down what took long, what was missing and where things turned up.

4. Start at dusk

As it gets dark, you quickly discover how easy or hard it is to find things.

THE DRILL — Six rounds

ROUND 1 — 10 min

Find it in the dark

Lights off. Can each person get hold of a torch or headlamp within two minutes? Are there spare batteries, matches and candles?

Notice: where things actually were, and where they should be.

ROUND 2 — 15 min

Count the water

Add up every litre of stored drinking water. Plan for 3–5 litres per adult per day, which comes to **21–35 litres per adult for a week.**

Check: are the containers clean, sealed and stored somewhere cool and dark?

ROUND 3 — 30 min

Make a warm meal

Cook dinner from the cupboard only, without the fridge, hob or kettle. Is there a camping stove, fuel and a way to light it?

Notice: which foods need no water and no cooking at all.

ROUND 4 — 15 min

Stay warm

Imagine the heating is off. Gather blankets, sleeping bags and warm layers for everyone. Pick one room where everyone could gather and keep warm.

Ask: would this work in January?

ROUND 5 — 10 min

Get the news offline

Find a radio that runs on batteries, solar power or a hand crank. Tune it to your national public broadcaster and write the frequency on it.

Check: does it actually switch on?

ROUND 6 — 15 min

Plan without phones

Who would you contact, and how? Are the key numbers written on paper? Where would you meet if you got separated? Is there some cash at home?

Check: medicines, first aid kit and a charged power bank.

SCORECARD — What did we find?

ITEM	READY	SOMEWHERE	NEED
Torch or headlamp for each person	☐	☐	☐
Spare batteries, matches, candles	☐	☐	☐
Drinking water (3–5 L per adult per day)	☐	☐	☐
A week of food that needs no fridge	☐	☐	☐
Camping stove and fuel	☐	☐	☐
Blankets, sleeping bags, warm clothes	☐	☐	☐
Battery, solar or crank radio	☐	☐	☐
Phone numbers written on paper	☐	☐	☐
Agreed meeting point	☐	☐	☐
Some cash at home	☐	☐	☐
Medicines and first aid kit	☐	☐	☐
Charged power bank	☐	☐	☐
Water containers or bottles to fill	☐	☐	☐

Somewhere = we have it at home, but don't know exactly where.

DEBRIEF — 15 min at the table

1. What took longest to find?
2. What were we missing?
3. What surprised us, good or bad?
4. What will each of us fix this month?

Our top three things to fix

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_____

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Next drill date

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Tip: keep the essentials together in one "ready box" that everyone knows about. Repeat the drill every six months, for example when the clocks change.

Stay safe: use camping stoves and grills outdoors during the drill. Never leave candles burning unattended.

Based on Swedish (MCF) and Norwegian (DSB) civil defence guidance: be ready to manage on your own for at least a week. mcf.se/en · dsb.no