



MIDLAND[®]



EMERGENCYPASSPORT

10 EMERGENCY TIPS

We live in a context where being prepared doesn't mean being alarmist—it simply means being responsible.

This document was created with one clear goal: helping you stay organized with simplicity and common sense.

The **Safety Passport** is designed as a practical, discreet guide to help you face everyday unexpected situations or exceptional events.

It is not meant to create fear or exploit critical scenarios, but

rather to provide concrete tools to reduce stress and increase response capacity.

Being prepared means protecting yourself and those around you with clarity and awareness.



Practical Tips

- **Be prepared to be selfsufficient for 72 hours**
Keep water, food, a light source, a radio, medications, and essential tools for three days.
- **Create a family emergency plan**
Define a meeting point, an alternative communication method (e.g., simple devices like radios or walkietalkies), and who is responsible for children or elderly family members.
- **Know the critical points in your home**
Knowing how to shut off gas, water, and electricity can prevent serious damage during a critical event.
- **Prepare physical and digital copies of important documents**
Store them in waterproof pouches included in this kit and in secure cloud storage.
- **Register for official alert systems**
In Italy: ITAlert, as well as Civil Protection and local authority notifications.
- **Rely only on verified sources during an emergency**
Avoid fake news and follow official institutional channels only.
- **Keep a small reserve of cash**
During blackouts or electronic failures, cards may not work.
- **Maintain a wellstocked firstaid kit**
Include personal medications, gauze, disinfectants, and prescriptions.
- **Always keep an alternative energy source available**
Charged power banks, batteries, flashlights, handcrank or solar radios, and communication devices independent from the network.
- **Share your emergency plan with family and friends**
Knowing who does what helps reduce panic and delays during a critical event.

SAFETY PASSPORT

Official EU Checklist – EMERGENCY (72 hour Kit)

(Recommendations based on European Commission guidelines)

10/10 EU Requirements

1. Documents
2. Medications
3. Cash
4. Food



5. Water



6. Multitool knife



10. Playing cards



7. Flashlight
8. Charger/Powerbank
9. AM/FM Radio



DOCUMENTS & COMMUNICATION

- Waterproof document pouch
- Protected personal documents (ID, health card)
- Digital copies of documents
- List of family contacts and useful numbers
- Registration to alert systems

ENERGY & LIGHTING

- AM/FM Radio (ER300 PRO)
- Integrated LED flashlight (ER300 PRO)
- 10,000 mAh powerbank (ER300 PRO)
- Integrated solar panel (ER300 PRO)
- Spare batteries
- Charging cables

WATER & HYGIENE

- Two 8L containers with shower nozzle
- Additional water bottle
- Hand sanitizer
- Wet wipes

FOOD & SURVIVAL

- Multitool (knife, pliers, screwdriver, saw)
- Whistle with compass and thermometer
- 2 emergency blankets
- Waterproof bags (SML) for food, medicines, cash, documents
- Nonperishable food supplies
- Lighter / windproof matches
- Firstaid kit

Estonia	Ambulance/Fire 112; Police 110	-
Finland	112	-
France	Ambulance 15; Fire 18; Police 17; 112	CB CH9 7.065MHz; Aero 121.5MHz; VHF16 156.8MHz
Georgia	022	-
Germany	112; Police 110	None official
Greece	Ambulance 166; Fire 199; Police 100; 112	-
Hungary	112	-
Iceland	112	-
Ireland	112/999	-
Italy	112; Ambulance 118; Fire 115; Police 113	PMR CH8 CTCSS16; HF 7.045/6.990 & 3.6435MHz
Kosovo	94	-
Latvia	112; Ambulance 03; Fire 01; Police 02	-
Liechtenstein	112	-
Lithuania	112	-
Luxembourg	112	-
Malta	112	-
Moldova	Ambulance 903; Fire 901; Police 902	-

Montenegro	Ambulance 124; Fire 123; Police 122	-
North Macedonia	Ambulance 194; Fire 193; Police 192	-
Netherlands	112	-
Norway	Ambulance 113; Fire 110; Police 112	-
Poland	Ambulance 999; Fire 998; Police 997	-
Portugal	112	-
Romania	112	-
Russia	Ambulance 103; Fire 101; Police 102	-
San Marino	112	-
Serbia	Ambulance 194; Fire 193; Police 192	-
Slovakia	Ambulance 155; Fire 150; Police 158	-
Slovenia	112; Police 113	-
Spain	112; Police 091/092; Ambulance 061	None official
Sweden	112	-
Switzerland	Ambulance 144; Fire 118; Police 117; 112	-
Ukraine	Ambulance 103; Fire 101; Police 102	-
United Kingdom	112/999	-
Vatican	112	-



NAVIGATION & ORIENTATION

Compass (integrated in the whistle)

Paper maps

GPS / offline apps

Pen and notebook

ENERGY & LIGHTING

LED flashlight (ER300 PRO)

AM/FM radio (ER300 PRO)

Integrated powerbank (ER300 PRO)

Integrated solar charging (ER300 PRO)

Camping lamp

Extra powerbank

WATER & HYDRATION

8L containers

Thermal bottle

Mineral salts

COOKING & FOOD

Waterproof bags for food, medicines, cash, sensitive items

Camping stove

Lighter / windproof matches

Outdoor cookware

Outdoor food supplies

EQUIPMENT & SAFETY

Multitool (knife, pliers, screwdriver, saw)

Emergency blankets

Accessory pouch

Repair kit

Insect repellent

Firstaid kit

Knife (included in multitool)

COMFORT & FREE TIME

Playing cards

Multipurpose thermal tarp

Sleeping bag

Tent

Change of clothes

Sleeping pad

OUTDOORPASSPORT



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