

# WEATHER

# READY

## summer checklist

### 1. Get ready to get active

If you plan to be active this summer, within the current social distancing guidelines, check you have all the necessary equipment including water bottle, sunscreen, sun hat or wet weather gear.

### 2. Check your house and garden

With summer coming, think about any maintenance that might need doing around the home, for example, if you can do so safely, check your roof and clear your guttering.

### 3. Think about what could be impacted by strong winds or flooding

With more items in the garden during the summer, think about what may be at risk from severe weather and consider moving or storing things when strong winds or heavy rainfall is forecast.

### 4. Download the Met Office app for easy access to forecast information

You can not only keep an eye on the forecast to understand the likelihood of any impactful weather in your area, but also get the latest UV and pollen forecasts before heading out into the garden or for essential trips and daily exercise.

### 5. Be prepared for hot weather

If you like spending time in your garden, avoid the hottest part of the day, and make sure that you have sunscreen, water and a wide brimmed hat.

### 6. How will you access information?

Also consider how you would access vital information if a summer storm takes out power and phone lines. Save key documents and information in a safe place, know where a torch is, and consider getting a battery powered charger.

### 7. Replenish your medicine cabinet

Stock up on sunscreen, insect repellent and any hayfever medicines you need.

### 8. Check your vehicle is summer ready

Especially if you are an essential keyworker currently using your car, top up screen wash and check your tyres, coolant and oil.

### 9. Think of your household, neighbours and community

Look out for others in your community, especially older people, young children, babies and those with health risks. Always follow Government guidelines about helping safely. If severe weather hits and you are not self-isolating, there may be things you can do to help your community. Contact your local resilience forum for more information.

### 10. Prepare a 'grab bag' with basic supplies

Make sure you have some basic supplies such as bottled water, medicines, torch, radio and batteries in a 'grab bag'. This will help if you have to leave home quickly or your power or water are disrupted.

[www.metoffice.gov.uk/WeatherReady](http://www.metoffice.gov.uk/WeatherReady)

Are your friends and neighbours Weather Ready? Share this checklist and see if you can help them to prepare [#WeatherReady](https://twitter.com/WeatherReady)