



One Week, One Prep – Hygiene & Sanitation

Hygiene and sanitation are vital in any emergency. Poor hygiene can quickly lead to illness and spread of disease, especially if water or power is disrupted. This guide gives you practical steps for both beginner and advanced preppers.

Beginner Tasks (Easy Wins)

- Buy a few extra bars of soap and bottles of hand sanitiser.
- Add an extra pack of toilet roll to your weekly shop.
- Pick up a multipurpose disinfectant or bleach.
- Put aside baby wipes or no-rinse wash wipes.
- Keep a roll of bin bags handy (for rubbish & emergency toilets).
- Create a small 'hygiene box' at home with everything in one place.

Advanced Tasks (Level-Up Prepping)

- Buy or build a camping/composting toilet for longer-term outages.
- Store extra water specifically for washing and cleaning, not just drinking.
- Explore reusable hygiene items (cloth wipes, menstrual cups, bidet bottles).
- Stock long-term items like powdered soap or concentrated bleach tablets.
- Build a portable hygiene kit for bug-out bags (mini soap, wipes, sanitiser, tissues).
- Create a sickness isolation kit (gloves, masks, disinfectant).
- Rotate stock and set reminders to check expiry dates.

Start small with the basics, then build up to advanced tasks as you gain confidence. Preparedness is about protecting your health, safety, and peace of mind.