

The 2026 Readiness Guide: 10 Essentials for the Indian Household

A Clinical Perspective on Home Resilience

1. **Gravity-Fed Water Filtration:** High-quality filters (like [Rama filter](#) and others) that work without electricity and handle the heavy sediments common during monsoon flooding.
2. **The "Tropical" Trauma Kit:** Move beyond Band-Aids. Include tourniquets, hemostatic gauze, and high-quality antiseptic tailored for high-humidity environments where infections spread fast.
3. **Tiered Power Solutions:** We do find inverters in every household but a 20,000mAh power bank for phones, paired with a small 100W foldable solar panel will be a game-changer for extended grid-down scenarios during summer heatwaves.
4. **Secondary Communication:** A battery-powered AM/FM/Weather radio and CB Radio where possible. When the cell towers are congested or down during a cyclone, terrestrial radio is the only reliable info source.
5. **Caloric Dense "Comfort" Food:** 72 hours of shelf-stable food that requires no cooking (think high-protein bars, chana, sattu with jaggery and vacuum-sealed nuts).
6. **Medical and Other Document Encryption:** A physical, waterproof USB drive containing encrypted scans of prescriptions, ID, education degree and property deeds.
7. **The 5-Liter "Bug-Out" Vessel:** A durable, BPA-free water container for every family member, pre-staged for a quick vehicle evacuation.
8. **N95/P100 Respiratory Protection:** Essential for urban air quality crises or post-disaster dust/debris.
9. **Multi-Fuel Lighting:** High-lumen LED lanterns and a reliable headlamp (keeping hands free for medical or mechanical tasks).
10. **The "Resilience Plan":** A one-page physical sheet with local maps showing emergency meeting points and "out-of-city" contact numbers written down.