

Are you **WeatherReady?**

Thinking ahead and preparing for what the weather may bring can make a real difference. Here are a few simple steps you can take to prepare yourself, your vehicle and your home or business, so you can enjoy the summer months.

Get ready to get active

Planning to get out and about getting active this summer? Check you have all the necessary equipment including water bottle, sunscreen, sun hat or wet weather gear.



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 guttering.



Take the worry out of summer storms

With more items in the garden during the summer, consider moving or storing things when strong winds are forecast. Think about checking drains to avoid blockages during heavy rain.



Be prepared for hot weather

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



Keep an eye on UV and pollen levels

Check our website or download our app to stay up-to-date with the weather, UV and pollen forecasts before heading outside. Stock up on sunscreen, insect repellent and any hay fever medicine you need.



Check your vehicle is summer ready

If you're planning summer outings in your car, top up screen wash and check your tyres, coolant and oil levels.



Look out for those around you

Look out for others in your community, especially older people, young children, babies and those with health risks. Find out if there's anything you can do to help.



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 bag. This will help if you have to leave home quickly in an emergency, or your power or water are disrupted.



www.metoffice.gov.uk/WeatherReady

Are your friends, neighbours and community WeatherReady for the summer? Help them prepare by sharing this checklist or join the conversation online #WeatherReady