

Seven days is a scenario based exercise with learning and practical tips. You are challenged to practice living at least one week without access to electricity, water nor heating. The QR code leads to a short online training course with an extended scenario. The digital exercise is only available in Swedish.

Scan here!



Read more and practise your preparedness at:
mcf.se/en/prepping

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Day 5



Money

You are at the supermarket. At the checkout, they tell you that the payment system is not working. They ask if you can pay by another method. But is there any option, if you are not able to use your bank card?

Here's what to do:

- Make sure you can pay in several different ways. Set up both accounts and cards in more than one bank, and make sure you have access to payment services via your mobile phone.
- Make it a habit to use cash from time to time, in your everyday life.
- If possible, keep enough cash for a week's worth of household shopping.

Day 6



Life and health

We are getting closer to the end of your preparations and you are beginning to realise that you would be able to cope quite well. But is there anything you can do right now, that could save your life and the lives of others in the event of a serious incident?

Here's what to do:

- If you use prescription medication, keep a month's supply at home.
- Become a blood donor if you can.
- Take a course in CPR.
- Learn how to stop a serious or life-threatening bleeding.

Day 7



Neighbours

Once you have completed the basic preparations for yourself and your family, the next step may be to look outside your immediate circle. Are there others in your surrounding community, who might not be as well prepared for a crisis or war?

Here's what to do:

- Get to know your neighbours and discuss how you can help each other.
- Talk to friends and colleagues about what skills you all have, that are important in a crisis or war.
- Get involved in a voluntary defence organisation or other association.

Checklist

Good things to have at home

- Battery-powered radio
- Water in plastic bottles or containers
- Sleeping bag, extra blankets or quilts
- Candles and tea lights
- Matches or a lighter
- Storm cooker
- Food for at least one week
- First aid kit and medicine
- Cash and more than one payment card
- Flashlight or headlamp
- Batteries
- Charged power bank
- Important phone numbers on paper
- Map of the local area
- Hygiene items, such as toilet paper, wet wipes, nappies and sanitary protection

Seven days

Practise living at least a week in a crisis or war



Suddenly, the power goes out. The internet is down and no water is coming from the tap. You try to call someone, but you can not get through. The days go by. The temperature is dropping in your home, the food in the fridge goes bad, and your bank card is not working.

What do you do?

In a crisis or war, it's important to know how to act.

With the right preparations, you can better cope in a difficult situation. At the same time, it is important that we help each other.

Challenge yourself with the scenario in this leaflet. Practise and discuss with others or think about it on your own. Find out how you would manage based on your current situation.

Keep in mind that a crisis can take many different forms. This is just one example.

In the end, your preparations affects how the whole country copes and manages in a crisis or war.

Day 1



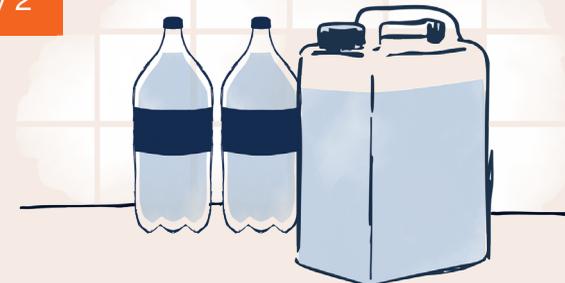
Communication

The lights flicker and then goes out completely. You try to access a news site on your mobile phone, but you have no connection. How do you find out what has happened if the internet and telephone services are down?

Here's what to do:

- Have a battery-powered radio tuned into your local P4 channel.
- Decide on a meeting place with family or friends, where you can meet if you cannot reach each other.
- Find out where your local authority has designated locations for receiving information in crisis or war.

Day 2



Water

Without electricity, the water pressure decreases. There has been no access to water since yesterday and you are starting to feel very thirsty. How can you source water if it is not available from the tap?

Here's what to do:

- Keep plastic bottles filled with water in the freezer, as this will keep the water fresh for longer and can also be used as ice packs.
- Store larger water containers in a dark, cool place.
- Learn how to use a storm cooker to boil water and cook food.

Day 3



Heating

Radiators cool down quickly during a power outage. The temperature indoors is about the same as outdoors. It gets extra chilly when the sun goes down. How do you stay warm if your home gets cold?

Here's what to do:

- Practise by sleeping one night in a sleeping-bag or a coat, instead of a duvet.
- Have extra duvets and blankets as part of your home emergency kit.
- Try living within a smaller space than usual, to save heat.

Day 4



Food

If the refrigerator stops working, the food inside will quickly go bad. All that remains is dry goods and canned food. How long would you survive on the food you already have at home?

Here's what to do:

- Find out which foods can be stored at room temperature and which non-perishable foods you and your family like to eat.
- Pick up an extra item with a long shelf life every time you shop.
- Keep track on the expiry dates in your pantry.