72h

Six-monthly kit check log

Keep it with your kit and fill in a row every six months.

When to check

Twice a year, **when the clocks change** in March and October. Tick each column, or note what you replaced.

Rotate, don't waste

Use the oldest food and water in everyday meals and replace it. Put new items at the back.

Date	Water dates	Food dates	Batteries	Power bank charged	Medicines	Cash	Checked by

Quick test

- [ ] Torches and lantern switch on
- [ ] Radio works (crank or batteries)
- [ ] Smoke and CO alarms tested
- [ ] Grab bag still packed

Still up to date?

- [ ] Emergency contacts sheet
- [ ] Household plan
- [ ] Copies of documents
- [ ] Priority Services Register details