72h

Three-day emergency kit checklist

Tick off what you have, then take it shopping for the rest.

How much water?

3 litres per person per day, for 3 days, for drinking. That is **9 litres per person**.

People _____ × 9 = litres _____

Based on the nine categories in the UK Government's **Be Ready** checklist. Items marked TIP are our extras. Build it up gradually: add a few things every time you shop.

WATER

- [ ] Bottled drinking water
  3 litres per person per day for drinking. You will need more for cooking and washing.
- [ ] Extra water for washing and cooking TIP
  Fill clean containers or a bath if you get warning of a supply cut.

FOOD

- [ ] Three days of food that needs no fridge or cooking
  Tinned meat, fish and vegetables, dried fruit, nuts, crackers. Choose things you normally eat.
- [ ] Manual tin opener TIP
  Electric openers will not work in a power cut.

HYGIENE

- [ ] Hand sanitiser
- [ ] Wet wipes
- [ ] Hygiene and bathroom products

LIGHT AND WARMTH

- [ ] Torch with spare batteries
  Safer than candles.
- [ ] Blankets or sleeping bags
- [ ] Warm clothing

COMMUNICATION AND INFORMATION

- [ ] Wind-up or battery-powered radio
  For news and official updates if phones and internet are down.
- [ ] Fully charged power bank
  Recharge it every few months.

MONEY AND DOCUMENTS

- [ ] Cash in coins and notes
  Card machines and cash machines may not work.
- [ ] Copies of ID and important documents
  Keep them in a waterproof wallet.
- [ ] Important phone numbers written down
  Family, GP, insurer, energy and water supplier.
- [ ] Written list of medication names and doses

MEDICAL

- [ ] First aid kit
- [ ] Essential medication
  Ask your pharmacist about keeping a small reserve.
- [ ] Medical supplies
  Anything you rely on day to day, including glasses or hearing aid batteries.

BABY PRODUCTS

- [ ] Ready-made or ready-to-feed formula
  You may not be able to boil water safely to make up powdered formula.
- [ ] Nappies
- [ ] Baby wipes

PET PRODUCTS

- [ ] Pet food
- [ ] Bottled water for pets

Still to buy

_____ _____

_____ _____

_____ _____