PRINTABLE CHECKLIST

72-hour emergency kit UK: the Be Ready list, item by item

A 72 hour kit in the UK is the three-day kit the government's Be Ready campaign describes: 9 litres of drinking water per person, three days of no-cook food, a tin opener, a torch, an FM radio, a power bank, first aid, medication, hygiene items, warm bedding, cash and key papers. It is general preparedness. No blackout is forecast.

- [ ] 9 litres of drinking water per person
- [ ] Three days of no-cook, no-fridge food
- [ ] Manual tin opener
- [ ] Torch and spare batteries
- [ ] Battery or wind-up FM radio
- [ ] Charged power bank
- [ ] First aid kit and medication
- [ ] Hand sanitiser and wet wipes
- [ ] Blankets and warm clothing
- [ ] Cash, document copies and contact list