PRINTABLE CHECKLIST

What is the Be Ready campaign? UK three-day emergency advice

Be Ready is the UK government's household preparedness campaign, launched on 22 October 2026 and previously called Prepare. It asks every household to be able to manage for three days in an emergency, and publishes a short kit list: water at 3 litres per person per day, no-cook food, a torch, an FM radio, a charged power bank, a first aid kit, medication, warm

- [ ] Water: 3 litres per person per day for three days
- [ ] Three days of no-cook food and a manual tin opener
- [ ] Torch per adult with spare batteries
- [ ] Battery or wind-up FM radio
- [ ] Charged power bank
- [ ] First aid kit and essential medication
- [ ] Hand sanitiser and wet wipes
- [ ] Blankets, sleeping bags and warm clothing
- [ ] Cash in notes and coins
- [ ] Printed documents and a written contact and medication list
- [ ] Baby supplies and pet food if needed
- [ ] 105 saved and network operator noted
- [ ] Checked Priority Services Register eligibility
- [ ] Six-monthly check booked