PRINTABLE CHECKLIST

Build an emergency kit for under £50

You can build a three-day emergency kit for very little by starting with what you already own, then adding one or two things a week. Buy in this order: water and tinned food, a torch with spare batteries, a small FM radio, then a power bank. The official advice is to build a kit gradually, not all at once.

- [ ] Gather torches, tins, blankets and first aid items you already own
- [ ] Add 9 litres of bottled water per person
- [ ] Put two or three extra tins in each weekly shop
- [ ] Buy a basic AA torch and a pack of alkaline batteries
- [ ] Buy a small battery FM radio
- [ ] Add a branded power bank when funds allow
- [ ] Set aside a little cash in notes and coins
- [ ] Write 105 and key contacts on paper
- [ ] Check if you qualify for the Priority Services Register