PRINTABLE CHECKLIST

Emergency kit for a family with young children

A family kit is the standard three-day list multiplied by the number of people, plus items for each child's age. For a family of four that means 36 litres of drinking water, three days of food children will eat, a night light, a stocked first aid kit, and for babies, ready-to-feed formula and nappies.

- [ ] 3 litres of water per person per day for 3 days
- [ ] Three days of no-cook food the children already eat
- [ ] Ready-to-feed formula, nappies and wipes for babies
- [ ] Torch for each adult and a lantern for the main room
- [ ] Night light for children's bedrooms
- [ ] First aid kit with child-dose medicines
- [ ] Blanket or sleeping bag for every person
- [ ] Box of games, cards and colouring
- [ ] Written contact list including school and GP
- [ ] Priority Services Register sign-up if you have a child under 5