PRINTABLE CHECKLIST

# UK emergency kit list: the official items and what we would add

A UK emergency kit should let your household manage for three days without mains power or shops. The government's Be Ready list covers bottled water (3 litres per person per day), food that needs no cooking, a torch, a battery or wind-up radio, a charged power bank, first aid, medication, warm bedding, cash and printed documents.

- [ ] Bottled water: 3 litres per person per day for 3 days
- [ ] Three days of food that needs no cooking or fridge
- [ ] Manual tin opener
- [ ] Torch and spare batteries for each adult
- [ ] Battery or wind-up FM radio
- [ ] Charged power bank and cable
- [ ] First aid kit, medication, sanitiser and wet wipes
- [ ] Blankets, sleeping bags and warm clothes
- [ ] Cash in notes and coins
- [ ] Printed documents and a written contact list