PRINTABLE CHECKLIST

Three-day emergency kit list

The items the government's Be Ready campaign asks every household to keep, with space to tick them off as you build the kit.

- [ ] Bottled water: 3 litres per person per day, for 3 days
- [ ] Food for 3 days that needs no cooking or fridge
- [ ] Manual tin opener
- [ ] Battery or wind-up torch
- [ ] Spare batteries for the torch
- [ ] Battery or wind-up FM radio
- [ ] Spare batteries for the radio
- [ ] Power bank, fully charged
- [ ] Charging cable for each phone
- [ ] First aid kit
- [ ] Essential medication, with a written list of doses
- [ ] Hand sanitiser and wet wipes
- [ ] Blankets or sleeping bags
- [ ] Warm clothing for everyone
- [ ] Cash in notes and coins
- [ ] Printed copies of ID and key documents
- [ ] Written list of important phone numbers
- [ ] Baby supplies: ready-to-feed formula, nappies, wipes

- [ ] Pet food and water for pets
- [ ] Power cut number written down: 105 (03457 643643 in Northern Ireland)