PRINTABLE CHECKLIST

Three days without power: the plan the government asks for

The government's Be Ready campaign asks every household to be able to manage for three days without outside help. In practice that means 9 litres of drinking water per person, three days of food that needs no cooking or fridge, a torch, a battery or wind-up radio, a charged power bank, warm bedding, medication and some cash.

- [ ] 9 litres of drinking water per person
- [ ] Three days of food that needs no cooking
- [ ] Manual tin opener
- [ ] Torch and spare batteries
- [ ] Battery or wind-up FM radio
- [ ] Charged power bank and cable
- [ ] First aid kit and essential medication
- [ ] Blankets or sleeping bags
- [ ] Cash in notes and coins
- [ ] Written list of contacts, including 105