PRINTABLE CHECKLIST

What should be in an emergency kit?

An emergency kit should cover five needs for three days: water (3 litres per person per day), food that needs no cooking, light and information (torch, FM radio, power bank), health (first aid, medication, sanitiser, wet wipes) and warmth. Add cash, printed documents, a written contact list, and baby or pet supplies if you need them.

- [ ] Bottled water for 3 days
- [ ] No-cook food and a tin opener
- [ ] Torch, spare batteries, FM radio and power bank
- [ ] First aid kit, medication, sanitiser and wet wipes
- [ ] Blankets and warm clothing
- [ ] Cash, printed documents and a written contact list
- [ ] Baby supplies and pet food if needed