

Category	Items to check off
Water	☐ Bottled water for 3 days 3 litres per person per day for drinking. More would be needed for other tasks such as cooking and washing.
Food	☐ Non-perishable food for 3 days Food with a long shelf life that doesn't need refrigeration or cooking e.g. tinned meat, fish or vegetables, dried fruit and nuts. It's best to buy food you'd usually eat.
Hygiene	☐ Hand sanitiser, wet wipes and bathroom products
Light and warmth	☐ Torch (and spare batteries) Torches are safer than candles. ☐ Blankets, sleeping bags and warm clothing Homes can become cold very quickly when the heating goes off.
Communication and information	☐ FM radio (battery / wind up) For updates during outages, write down frequencies of any national or local radio stations you use for news. ☐ Charged power bank To charge phones or compatible
Money and documents	☐ Cash (mix of coins and notes) and cards In case electronic payments or ATMs are disrupted. The amount of cash you should keep depends on your family's specific needs for essentials. ☐ Copies of IDs / documents Have printed copies of important documents such as passports, birth certificates, insurance policy details and instructions for any medical equipment you rely on. ☐ Important phone numbers and information Write down contact details of who you'd need to contact in an emergency (including anyone who might need checking on) and a list of any regular medication and doses.
Medical and health	☐ First aid kit / first aid items Including items such as waterproof plasters, bandages, a thermometer, antiseptic, eyewash solution, sterile dressings and gloves, medical tape for dressings, and tweezers. ☐ Essential medication and medical supplies Always leave enough time to request repeat prescriptions so you have less chance of running out in an emergency. It's important to request prescriptions up to 5 working days before you need your medicine.
Baby products	☐ Baby formula Ready-made or 'ready-to-feed' formula is best, as you may not be able to boil water to make up powdered formula safely. ☐ Nappies and wipes
Pet products	☐ Pet food and bottled water