BE READYFORD

UK HOUSEHOLD EMERGENCY PREPAREDNESS CHECKLIST

A practical three-day starting point. Check what you have before buying.

01 DRINKING WATER

9 litres per person for 3 days, plus other needs

Household note: _____

02 FAMILIAR FOOD

Food that works without a fridge or electric cooker

Household note: _____

03 SAFE LIGHTING

Torches or lanterns and the correct spare batteries

Household note: _____

04 POWER AND CABLES

A charged power bank and compatible leads

Household note: _____

05 TRUSTED INFORMATION

A checked radio, alerts and official sources

Household note: _____

06 FIRST AID AND MEDICINES

Suitable supplies, prescriptions and instructions

Household note: _____

07 WARMTH AND SHELTER

Dry layers, blankets and a safe plan for power cuts

Household note: _____

08 HYGIENE, BABIES AND PETS

Everyday supplies tailored to your household

Household note: _____

09 CONTACTS, DOCUMENTS, CASH

Secure copies and details that do not rely on one phone

Household note: _____

10 HOUSEHOLD PLAN

Who does what, where supplies are and who may need help

Household note: _____

REMEMBER Tailor this list to medical, accessibility, caring, baby and pet needs.

Official starting point: beready.campaign.gov.uk | Full interactive checklist: bereadyukgov.co.uk/household-checklist/

Independent of government. General planning information, not a live warning service or medical advice. For immediate danger call 999.