

Be ready: your three-day household checklist

Use what you already have. Add useful items gradually through normal shopping. Not every action will be possible for everyone: start with what works for you.

01 Start with free steps

- ☐ Write important phone numbers on paper. Agree nearby and out-of-area meeting places.
- ☐ Check local flood and weather warnings and where to find genuine emergency information.
- ☐ Check eligibility for Priority Services Registers in Great Britain or care registers in Northern Ireland.
- ☐ Agree a check-in with a neighbour, carer or trusted contact if phones or services fail.

03 Tailor to your household

- ☐ Medicines: keep a current list and arrange regular supplies through your usual repeat-prescription process.
- ☐ Essential equipment: discuss power backup and an outage plan with your care team or equipment provider.
- ☐ Babies, children and animals: include feeding, hygiene, comfort items, pet food and extra water.

02 Gather three-day basics

- ☐ Drinking water: 3 litres per person per day = 9 litres per person for three days. Add more for cooking and washing.
- ☐ Food: ordinary non-perishable food for three days that needs no cooking or refrigeration; a manual tin opener.
- ☐ Torch and spare batteries.
- ☐ Battery or wind-up FM radio. Write down useful radio frequencies.
- ☐ Charged power bank and charging leads.
- ☐ Warm layers and blankets.
- ☐ Hygiene products and basic first-aid supplies.
- ☐ Useful cash for your circumstances, copies of important documents and paper contacts.

My next small addition: _____

Next supplies check: _____

Review every six months and when needs change.

Immediate danger: call 999 or 112.

Fire: get out, stay out, call 999. Never delay an escape to collect a bag.

Interactive checklist: preparenow.org.uk/checklists | Household plan: preparenow.org.uk/plan

Sources checked 31 October 2026. Official guidance: beready.campaign.gov.uk/be-ready-for-emergencies/

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