UK 72-Hour Household Preparedness Checklist

A free printable checklist from Ready or Not UK for ordinary UK households, based on the UK Government Be Ready campaign. Official quantities are labelled. Unpublished figures are not invented.

Household notes: _____ People: ____ Date: _____

Source: https://beready.campaign.gov.uk/be-ready-for-emergencies/

Source: https://prepare.campaign.gov.uk/be-informed-about-hazards/power-cuts/

Water, food and hygiene

[ ] Bottled drinking water for 3 days (official: 3 litres per person per day for drinking = 9 litres per person for 72 ho
[ ] Extra water for cooking and washing (official: more is needed; no official extra litre figure)
[ ] Non-perishable food for 3 days that does not need cooking, plus a tin opener if you store tins
[ ] Hygiene supplies: hand sanitiser, wet wipes and bathroom products

Light, warmth and communications

[ ] Torch and spare batteries (official: torches are safer than candles)
[ ] Blankets, sleeping bags and warm clothing
[ ] Battery or wind-up FM radio, with station frequencies written down
[ ] Charged power bank and the right cables

Documents, money and health

[ ] First aid kit or first aid items
[ ] Essential medicines, requested up to 5 working days before you need them, with a written list of names and d
[ ] Printed copies of important documents (for example passports, birth certificates, insurance, medical equipmer
[ ] Written contacts, including anyone who might need checking on. Power cut: 105 (England, Scotland, Wales) c
[ ] Some cash (coins and notes) and cards. Official guidance: the amount depends on your family’s needs

If they apply to your household

[ ] Ready-to-feed baby formula, nappies and wipes
[ ] Pet food and bottled water (no official litre figure for pets)
[ ] Priority Services Register reminder if eligible (thepsr.co.uk)

Planning note, not an official product list

[ ] Emergency cooking plan. Official lists emphasise food that does not need cooking. Never use a barbecue or p

Set a reminder every six months to check dates. Completing this list is not a guarantee of safety.