

Emergency kit for babies

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Prepare feeding, nappies, comfort, and care around your baby's routine. The right plan is the one your household can understand, access, and maintain. Start with the items and contacts that matter most in your situation, then improve it a little at a time.

Build the plan around your baby's normal feeding and care routine. Ready-to-feed formula may suit some households, but check the right type and amount with your health visitor. Follow the product instructions and safe feeding advice. Do not dilute formula or prepare it using unsafe water.

Pack nappies, wipes, nappy bags, a changing mat, spare clothes, and any creams normally used. Estimate the amount from your baby's usual daily use, then add a practical margin for delays. Quantities vary by age and routine, so the builder leaves these as a prompt rather than inventing a number.

Keep feeding equipment clean and pack enough for the plan you follow. If breastfeeding, include items that support your usual routine. Ask your health visitor or midwife about feeding during an interruption and about safe storage if refrigeration is affected.

Include a blanket, comfort item, medicines prescribed for your baby, and written details of doses and allergies. Keep essentials together in a bag an adult can carry. Put contact details for the health visitor, GP, and a trusted relative on paper.

If your baby becomes unwell, use NHS 111 or contact a pharmacist for advice. Call 999 for a life-threatening emergency. General preparation guidance cannot assess an individual baby's symptoms.

A practical household plan

Make baby supplies easy to identify and reach. A separate small pouch can hold feeding items, a change of clothes, wipes, and nappies so that one adult can find them without unpacking everything. Keep the baby's health record and emergency contacts available, but protect personal information from unnecessary exposure. If your baby has a prescribed medicine, follow the prescription label and ask a clinician how to store and carry it. Do not use a preparation method that differs from health

professional and manufacturer instructions. If you use powered equipment for feeding or monitoring, discuss safe backup arrangements with the relevant supplier. Plan for normal washing and waste disposal as far as practical, but do not assume water will be available. Your health visitor can help tailor the plan to feeding, age, and any health needs. Update quantities after changes to feeding, clothing size, or daily routine, and replace items before they are out of date.

Review the plan with your household

Choose a regular moment to look over the list together. A six-month review is easy to remember and matches the household checklist, but update the plan sooner when someone moves in, a baby changes feeding routine, a pet starts a new diet, or a health need changes. Check that everyone knows where the torch, radio, first aid kit, and written contacts are kept. Replace items that have been used, expired, or damaged. Confirm phone numbers and equipment instructions against current information. A plan can be short and still be useful when each person knows their part. If someone else may help, ask them to read the instructions before an incident and check that they can reach the supplies. Record only the information helpers need, store it safely, and update it when those needs change. A familiar routine can make a difficult day easier to manage.

Use the household kit builder to turn your household numbers into a checklist. It is a planning aid, not a substitute for local warnings, an individual care plan, or professional advice. Store essential information where the people who may need it can find it.

Frequently asked questions

What should I do first?

Start with the relevant official information for your area and the needs of the people or animals at home. Make a short written plan, gather what you already have, and fill gaps in stages.

How often should I review the plan?

Review it every six months and after a major change at home. Check dates, contact numbers, medicines, batteries, feeding needs, and any equipment instructions.

Where can I get urgent medical help?

Use NHS 111 or ask a pharmacist for non-life-threatening urgent advice. Call 999 for an emergency.

Sources

- [UK Government household advice](#)
- [UK Government emergency checklist](#)
- [Priority Services Register information](#)
- [Met Office warnings](#)
- [Flood warnings in England](#)
- [Sign up for flood warnings in England](#)
- [SEPA flood guidance](#)
- [Natural Resources Wales flood guidance](#)
- [Northern Ireland flood information](#)
- [Power cut help on 105](#)
- [British Red Cross emergency kit advice](#)

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