

Start household preparation on a budget

Quick answer: Begin with no-cost actions: write down contacts, find your torch, check the official alerts for your area and make a list of household needs. Use what you already have before buying anything.

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First steps that cost nothing

1. Write important phone numbers on paper.
2. Find the torch and check it works.
3. Agree a meeting place and an out-of-area contact.
4. Check whether you can join the Priority Services Register.
5. Sign up to official flood warnings if the service covers your area.

Use what you have

Start by looking in your cupboards. Familiar tins, crackers, UHT milk, a manual opener, spare batteries, warm layers and a basic first aid kit may already meet part of your needs. Keep items together and label the place so everyone at home can find them.

Make a short list of gaps, then add one suitable item during an ordinary shop when it fits your budget. Avoid buying unfamiliar food or equipment in a hurry. If a product has a specific safety or compatibility requirement, check its instructions first.

For support with cost of living, use local council and trusted community services. Preparation should fit your circumstances and never compete with essential bills.

Questions

► **Do I need a special kit?**

► **What should I do first?**

► **Where can I find official advice?**

Sources

- UK Government household advice (checked 30 October 2026).
- British Red Cross preparation advice (checked 30 October 2026).

Reviewed by the PrepperReady team, 30 October 2026. Explore the home kit hub, build a list, or browse planning tools.

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