

Household emergency checklist

Use this as a starting point and adapt it for your household. The list draws on the UK Government emergency checklist and British Red Cross kit advice.

Print this page and tick items as you collect them. Review your kit every six months.

Water and food

- Bottled water: 3 litres per person per day for drinking for three days. Store more for cooking and washing.
- Familiar non-perishable food for three days that does not need cooking, such as tins, dried fruit, and nuts.
- A tin opener.

Light, warmth, and information

- Torch and spare batteries. A torch is safer than a candle.
- Blankets, sleeping bags, or warm clothing.
- Battery or wind-up FM radio, with useful station frequencies written down.
- Charged power bank.

Health and hygiene

- Hand sanitiser, wet wipes, and bathroom products.
- First aid kit with plasters, bandages, thermometer, antiseptic, eyewash, sterile dressings, gloves, medical tape, and tweezers.
- Essential medication and a written list of medicines and doses. Reorder repeat prescriptions up to five working days ahead.

Documents and everyday needs

- Cash in coins and notes, plus payment cards.
- Copies of passports, birth certificates, insurance, and medical equipment instructions in a waterproof bag.
- Important phone numbers written on paper.

Babies and pets

- For babies, ready-to-feed formula, nappies, and wipes. Check feeding needs with your health visitor.
- For pets, familiar food, bottled water, a carrier, a spare lead, and vet details.

Support and review

- Check whether you are eligible for the Priority Services Register.
- Review your kit every six months. Rotate food, water, medication, and batteries as needed.

For an emergency call 999. For urgent medical help that is not life-threatening, use NHS 111 or ask a pharmacist.

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