

Six-month household kit review

Choose a regular date to review the supplies and arrangements that matter at home.

- Check drinking-water containers are clean and sealed.
- Rotate familiar food and check date labels.
- Check medicines with your pharmacist, GP or clinical team.
- Test torches and replace or recharge batteries as instructed.
- Update contact numbers and meeting points.
- Review children's, pet and mobility needs.
- Check any medical equipment backup plan with its supplier.
- Make sure everyone knows where the supplies are kept.

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