FindMyItem

Household _____ adults _____ children _____ pets

Kit kept at _____

Household emergency kit checklist · UK

Keep enough at home for at least 3 days. Check it every 6 months.

> **Source:** Adapted from the UK Government "Be Ready" checklist (Cabinet Office, October 2026), beready.campaign.gov.uk. FindMyItem is not affiliated with or endorsed by the UK Government.

Water and food

- [ ] Bottled water: about 3 litres per person per day
- [ ] Food that keeps without a fridge or cooking
- [ ] A tin opener, if your food is in tins

Light, power and news

- [ ] Torch and spare batteries (safer than candles)
- [ ] Battery or wind up FM radio, with your local stations written down
- [ ] Power bank, kept charged

Warmth

- [ ] A blanket or sleeping bag for each person
- [ ] Warm clothes for everyone

Where it is kept

Write down where each part is, or keep the list in FindMyItem on your phone.

Water and food _____

Torch and radio _____

Blankets, clothes _____

First aid, medicines _____

Cash, documents _____

Grab bag _____

Health and hygiene

- [ ] First aid kit: plasters, bandages, antiseptic, thermometer
- [ ] Essential medicines and medical supplies
- [ ] Hand sanitiser and wet wipes
- [ ] Toiletries and sanitary products

Money and papers

- [ ] Cash in coins and notes, plus your cards
- [ ] Printed copies of important documents
- [ ] Instructions for any medical equipment you rely on
- [ ] Paper list of phone numbers, regular medicines and doses

If you have them

- [ ] Baby formula (ready to feed is best), nappies and wipes
- [ ] Pet food and bottled water for pets

Keeping it ready

- [ ] Set a reminder to check the kit every 6 months
- [ ] Replace food, water and medicines before their dates
- [ ] Order repeat prescriptions in good time
- [ ] Update the kit when your household changes

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