

BE READY

Our household plan for 3 days

Prepared, not panicked.

Pin it up. Tick it off. Fill it in.

OUR 3-DAY KIT



Water

3 litres per person, per day, for drinking. Extra for cooking and washing.



Light

Torch and spare batteries. Torches are safer than candles.



Radio

FM radio, battery or wind-up. Note your local stations.



Cash

A mix of coins and notes, plus your cards.



First aid and medicines

First aid kit. Essential medicines and medical supplies.



Pets

Pet food and bottled water.



Food

Food for 3 days that keeps without a fridge or cooking, like tins and dried fruit.



Warmth

Blankets, sleeping bags and warm clothes.



Power bank

Kept charged, for phones or medical devices.



Documents

Copies of ID and key papers. Phone numbers written on paper.



Baby

Ready-to-feed formula, nappies and wipes.



Hygiene

Hand sanitiser, wet wipes and bathroom products.

✓ Check your kit every 6 months: swap anything out of date.

KEY NUMBERS

999

Emergency services

Someone needs help right now

111

NHS urgent medical help

England, Scotland, Wales

105

Power cut

England, Scotland, Wales

03457 643643

Power cut (NIE Networks)

Northern Ireland

0800 111 999

Smell gas

Great Britain

0800 002 001

Smell gas

Northern Ireland

0345 988 1188

Floodline

England, Scotland, Wales

Write numbers on paper too –
phones may not charge in a power cut.

OUR PLAN

Our meeting point

Stopcock is...

Fuse box is...

Our out-of-area contact
