

BE READY

Our household plan for 3 days

Prepared, not panicked.

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

OUR 3-DAY KIT

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| ☐ Water
3 litres per person, per day, for drinking. Extra for cooking and washing. | ☐ Food
Food for 3 days that keeps without a fridge or cooking, like tins and dried fruit. |
| ☐ Light
Torch and spare batteries. Torches are safer than candles. | ☐ Warmth
Blankets, sleeping bags and warm clothes. |
| ☐ Radio
FM radio, battery or wind-up. Note your local stations. | ☐ Power bank
Kept charged, for phones or medical devices. |
| ☐ Cash
A mix of coins and notes, plus your cards. | ☐ Documents
Copies of ID and key papers. Phone numbers written on paper. |
| ☐ First aid and medicines
First aid kit. Essential medicines and medical supplies. | ☐ Baby
Ready-to-feed formula, nappies and wipes. |
| ☐ Pets
Pet food and bottled water. | ☐ 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✓ Check your kit every 6 months: swap anything out of date.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	0800 111 999	Smell gas Great Britain
111	NHS urgent medical help England, Scotland, Wales	0800 002 001	Smell gas Northern Ireland
105	Power cut England, Scotland, Wales	0345 988 1188	Floodline England, Scotland, Wales
03457 643643	Power cut (NIE Networks) Northern Ireland	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