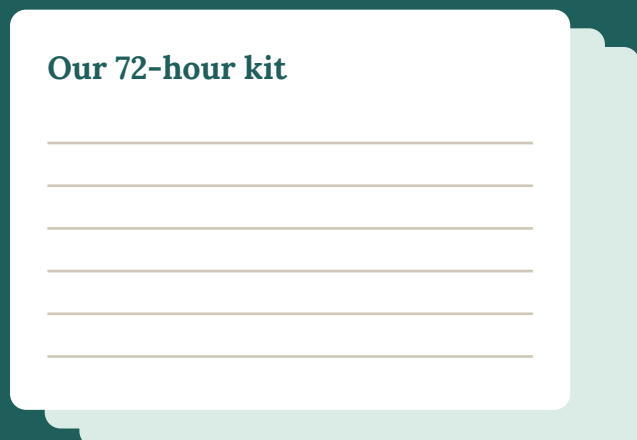


72-Hour Emergency Kit Planner

Work out exactly what three days looks like for your household, then build it a little at a time. UK edition.

Our 72-hour kit



10 pages · fillable or printable · water & food calculators · official-source based

About this edition

A focused plan for one job. Fill it in on screen or print it — one page a sitting is plenty.

What's inside

- Why 72 hours: what UK and European guidance asks
- Household calculator for water and food
- Water plan
- 3-day no-cook menu planner
- Kit checklist by category
- 4-week build-up shopping plan
- Inventory, rotation and review

If you already own other Civilian Survival Handbook plans

The Household Emergency Plan Pack includes a single kit inventory page (page 14) and a food rotation log. This planner covers the same ground in much more depth and adds the calculators and build-up plan; the inventory table here is similar.

Where the facts come from

- GOV.UK Be Ready
- EU Preparedness Union Strategy (March 2025)
- Food Standards Agency
- Drinking Water Inspectorate

General information to help you organise your household — not professional, medical or safety advice. Always follow instructions from the emergency services and official bodies. In an emergency call 999 (UK) or 112 (EU).

WHY

COUNTRY	WHAT OFFICIAL GUIDANCE SUGGESTS
UK	Be ready for 3 days; 3 litres of drinking water per person per day
EU	A minimum of 72 hours of essential supplies
Denmark	Manage for 3 days; 3 litres of drinking water per person per day
Sweden	Manage on your own for at least a week

Notes