UK 3-day home emergency checklist

Free · one page · tick as you go · from the GOV.UK Be Ready checklist

WATER TO KEEP (3 LITRES PER PERSON PER DAY, FOR 3 DAYS)

9 litres	18 litres	36 litres
1 person	2 people	4 people

That is for drinking. Be Ready says keep extra for cooking, washing, babies, pets and medical devices.

YOUR KIT

- ☐ Bottled water (amount above)
- ☐ Food that keeps and needs no cooking or fridge, for 3 days
- ☐ A manual tin opener
- ☐ Torch and spare batteries (not candles)
- ☐ Battery or wind-up radio (FM)
- ☐ Charged power bank and cables
- ☐ Some cash, and your cards
- ☐ Copies of IDs, insurance and important numbers on paper
- ☐ First aid kit
- ☐ Essential medicines, and a list of them
- ☐ Blankets, sleeping bags and warm clothes
- ☐ Hand sanitiser, wet wipes, hygiene products
- ☐ Baby supplies, if you need them (nappies, wipes)
- ☐ Pet food and water, if you have pets

NUMBERS TO WRITE DOWN

Emergency	**999 (or 112)**
Power cut	**105 in England, Scotland and Wales · 03457 643643 in Northern Ireland**
Gas emergency	**0800 111 999 (GB) · 0800 002 001 (NI)**
Floodline	**0345 988 1188**
NHS advice	**111**
Out-of-area contact	_____
Local radio station (FM)	_____

EXTRA HELP AND KEEPING IT READY

Priority Services Register: free extra help in a power cut or water cut if, for example, you have young children, are pregnant, have reached State Pension age or use medical equipment that needs power. Ask your energy supplier, network operator and water company.

You don't need to buy it all at once: check what you already have, then add an item or two on normal shopping trips.

Check use-by dates every 6 months. Next check: _____

Sources: GOV.UK Be Ready emergency kit checklist and household plan (beready.campaign.gov.uk (Emergency kit checklist, October 2026)); Ofgem (105 and the Priority Services Register); GOV.UK Floodline. Checked 3 November 2026. Not affiliated with the UK Government. General information, not professional advice. In an emergency call 999.

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