BE READY CHECKLIST

Being ready for 3 days helps you manage while support reaches those most in need.

Doing this is easier than you might think. You could have some of the items at home already.

You don't need to do it all at once. Build up your readiness gradually over time by taking it step by step, and picking up an extra item or two when you can.

How to get started:

- **See what you already have:** Check your cupboards first to see what essentials you already keep at home.
- **Plan for your household:** Note down what you still need, remembering items your family relies on, such as medical supplies, baby formula or pet food.
- **Build it gradually:** Pick up missing items when you can during your regular shopping trips to help spread the cost.
- **Check it regularly:** Set a reminder every six months to check expiry dates and swap out items that need replacing, or update your kit if your household's needs have changed.
- **Connect with your community:** Talk to your neighbours about what extra support you might be able to share during an outage, and swap contact details.

Use the checklist below to review the steps you have already taken, and what you might still need to do.

Water

- Bottled water for 3 days. 3 litres per person per day for drinking. More would be needed for other tasks such as cooking and washing.

Food

- Non-perishable food for 3 days.

Food with a long shelf life that doesn't need refrigeration or cooking e.g. tinned meat, fish or vegetables, dried fruit and nuts. It's best to buy food you'd usually eat.

Hygiene

- Hand sanitiser, wet wipes, hygiene and bathroom products.

Light and warmth

- Torch (and spare batteries).
- Blankets, sleeping bags and warm clothing.

Communication and information

- FM radio (battery/ wind-up).
- Charged power bank.

Money and documents

- Cash (mix of coins and notes) and cards.
- Copies of IDs/documents.
- Important phone numbers and information (e.g. regular medication and doses).

Medical and health

- First aid kit / first aid items.
- Essential medication and medical supplies.

Baby products

- Baby formula.

Ready-made or 'ready-to-feed' formula is best, as you may not be able to boil water to make up powdered formula safely.

- Nappies and wipes.

Pet products

- Pet food and bottled water.

If you have any extra items, you could consider donating these to others who might not have the means to prepare their own household. You may be able to help someone by photocopying or printing important documents for them.

See what simple steps you can take at GOV.UK/BeReady