

72-Hour Household Checklist

Tick it off, write down where things live, and stick it on the fridge. Aim for three days without mains help.

Water

- ☐ 3 litres per person, per day, for 3 days
- ☐ Extra for pets and a kettle's worth for brews
- ☐ A filter bottle or purification tablets

Where it's kept in our house: _____

Power & light

- ☐ A torch or head torch for each person
- ☐ Spare batteries that fit them
- ☐ A charged power bank (and the right cable)

Where it's kept in our house: _____

Food

- ☐ 3 days of no-cook food the family will eat
- ☐ A manual tin opener
- ☐ Baby food or special diets, if needed

Where it's kept in our house: _____

First aid & medicines

- ☐ A stocked first aid kit
- ☐ A week of essential prescriptions
- ☐ Glasses, hearing aid batteries, chargers

Where it's kept in our house: _____

Warmth

- ☐ Blankets or sleeping bags
- ☐ Warm layers, hats and gloves
- ☐ A way to heat a drink safely (no BBQs indoors)

Where it's kept in our house: _____

Communications

- ☐ A battery or wind-up radio
- ☐ 105 for power cuts · Floodline 0345 988 1188
- ☐ Key numbers written down on paper

Where it's kept in our house: _____

Documents

- ☐ Copies of IDs, insurance and policy numbers
- ☐ Some cash in small notes
- ☐ Kept in a waterproof wallet

Where it's kept in our house: _____

Car

- ☐ Blanket, hi-vis, water and a snack
- ☐ Phone charger and a torch
- ☐ Jump starter or jump leads

Where it's kept in our house: _____