FREE PRINTABLE · UK EDITION

YOUR FIRST 72 HOURS

Start with what you already have. Tick each item you have or have planned.

FOUR FREE ACTIONS

- [ ] Find your torch, test it, and locate spare batteries.
- [ ] Print key numbers and agree who will check on whom.
- [ ] Review available food, drinking water and essential medicines.
- [ ] Make a short shopping list. Build supplies gradually.

WATER & FOOD

- [ ] 3 litres of drinking water per person per day for three days (9 litres each).
- [ ] Extra water for hygiene, cooking, pets and medical needs.
- [ ] Food you normally eat that needs no refrigeration or cooking.
- [ ] Manual tin opener and any special dietary supplies.

LIGHT, WARMTH & INFORMATION

- [ ] Torch and spare batteries; blankets and warm clothing.
- [ ] Battery-operated or wind-up FM radio; charged power bank.

CONTACTS & ESSENTIALS

- [ ] Paper contacts, meeting point and essential document copies.
- [ ] Cash and cards, first aid, medication and medical supplies.

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PRINT & KEEP

MAKE IT PERSONAL

Think about people, not just things. Adapt the list for your actual household.

PEOPLE AND PETS

- [ ] Babies: nappies, wipes and ready-to-feed formula where needed.
- [ ] Older or disabled relatives: care routines and equipment plans.
- [ ] Pets and assistance animals: food, water and medicines.
- [ ] Neighbours: who could check in safely if normal communications fail?

People this plan covers

Someone we will check on

Where our supplies are kept

Our agreed meeting point

Our next three practical actions

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