

Family emergency checklist

Prepare calmly for three days of disruption. Check what you already own, then add missing items gradually as your budget allows. Tick each item when ready.

01 Water and food

- ☐ Drinking water: a three-day starting point is 9 litres per person. Add more for cooking, washing, medical needs, babies and pets.
- ☐ Three days of familiar food that keeps without refrigeration and can be eaten without cooking; a manual tin opener if needed.

02 Light, warmth and information

- ☐ Torches and spare batteries; blankets, sleeping bags and warm clothing.
- ☐ Battery-powered or wind-up FM radio. Write down useful station frequencies.
- ☐ Charged phone power bank and the right charging leads.

03 Health and household needs

- ☐ First aid items, essential medicines and necessary medical supplies. Plan ahead for repeat prescriptions.
- ☐ Hand sanitiser, wipes and basic bathroom supplies.
- ☐ Baby supplies where needed, including ready-to-feed formula if appropriate; pet food and bottled water.

04 Money and documents

- ☐ Some cash in notes and coins, if practical, plus payment cards.
- ☐ Copies of key documents, insurance details, important phone numbers and medical-equipment instructions stored safely.

SAFETY: Use torches rather than candles. Never use barbecues, camping stoves, charcoal heaters or generators indoors, in garages or enclosed spaces. Carbon monoxide can kill.

Our household plan

Complete this on paper and store it securely. You do not need to send names, medical information or family details to Devon and Cornwall Bushcraft.

05 Agree the plan

- ☐ Agree a safe meeting place and a backup contact if phones or travel are disrupted.
- ☐ Discuss escape routes and how to follow evacuation instructions; check children know how to get help.
- ☐ Know how to turn off utilities safely. Consider extra support for anyone who relies on powered medical equipment.
- ☐ Agree safe check-ins with neighbours or relatives who may need support.

Our meeting place:

Backup meeting place:

Emergency contact / number:

Someone to check on / agreed plan:

Kit and document location:

Household needs to remember:

Immediate danger: 999 | Power cuts in England, Scotland and Wales: 105

06 Check and refresh

Check supplies every six months and when household needs change. Rotate food and water according to labels; check batteries, medicines and contact details.

Last checked: _____ Next check: _____

Based on UK Government Be Ready guidance, checked 27 October 2026. This is a practical planning aid; follow emergency services and utility instructions during an incident.

Official advice: beready.campaign.gov.uk/be-ready-for-emergencies/