

# 72-Hour Emergency Prepping Checklist (UK)

This checklist is designed to help you prepare for a short-term emergency lasting up to 72 hours, such as power outages, severe weather, fuel disruptions, or temporary supply shortages. Adapt quantities based on household size, pets, and medical needs.

## 1. Water (Priority)

- Drinking water – minimum 2–3 litres per person per day (6–9 litres per person total)
- Additional water for cooking and hygiene
- Water purification tablets or filter (backup)
- Reusable bottles or containers

## 2. Food (No Power Required)

- Ready-to-eat tinned meals (meat, veg, pasta, curry, soup)
- High-calorie snacks (nuts, cereal bars, flapjacks, chocolate)
- Long-life foods (rice pouches, noodles, crackers)
- Tinned fruit or fruit pots
- Manual tin opener
- Disposable plates, cups, and cutlery

## 3. Cooking & Heating

- Camping stove or alternative heat source (if safe and legal)
- Fuel (gas canisters / solid fuel)
- Matches or lighters (stored safely)
- Thermal mugs or flasks
- Warm blankets or sleeping bags

## 4. Lighting & Power

- Torches (LED preferred)
- Spare batteries
- Battery lantern or camping light
- Power banks (fully charged)
- Car charger cables

## 5. First Aid & Health

- Basic first aid kit
- Personal prescription medications (minimum 3–5 day supply)
- Pain relief (paracetamol / ibuprofen)
- Antihistamines
- Hand sanitiser
- Face masks and disposable gloves

## 6. Hygiene & Sanitation

- Toilet paper
- Wet wipes

- Soap and toothbrushes
- Feminine hygiene products
- Rubbish bags
- Basic cleaning wipes

## 7. Clothing & Personal Items

- Weather-appropriate clothing
- Warm layers and spare socks
- Sturdy footwear
- Rainwear
- Hat and gloves

## 8. Communications & Information

- Battery or wind-up radio (AM/FM)
- Mobile phone
- Emergency contact list (printed)
- Local emergency numbers noted

## 9. Documents & Money

- Photocopies of ID (passport, driving licence)
- Insurance details
- Medical information
- Cash in small denominations

## 10. Tools & Safety

- Multi-tool or basic toolkit
- Duct tape
- Work gloves
- Whistle
- Fire extinguisher (home)

## 11. Home & Security

- Spare keys accessible
- Door/window locks checked
- Candles (with safe holders)
- Smoke alarms checked

## 12. Pets (If Applicable)

- Pet food (minimum 3 days)
- Pet water
- Leads, carriers, or cages
- Pet medications

## Notes & Personal Planning

Use the space below to note specific risks in your area (flooding, power cuts, storms), special household needs, and any items to rotate or replace regularly.

Prepared for practical, lawful, and responsible emergency readiness. Review and refresh supplies every 6 months.