THE BRITISH PREPPING SOCIETY · PREPARING FOR THE WORST. POLITELY.

The 72-Hour Household Checklist

Keeping your household going for three days, politely. *Edition 1 · November 2026*

Items marked OFFICIAL follow the UK Government's Be Ready guidance (beready.campaign.gov.uk), checked November 2026. Items marked SOCIETY are our own suggestions: sensible, but not official advice.

01 Water

- ☐ Bottled water for 3 days: at least 3 litres per person per day for drinking — OFFICIAL
- ☐ Extra water for cooking and washing, which needs more than the drinking allowance — OFFICIAL
- ☐ Water for pets, if you have them — OFFICIAL
- ☐ Know where your stopcock is, and check it turns — SOCIETY
- ☐ Note the date on stored water and use the oldest first — SOCIETY

02 Food

- ☐ Non-perishable food for 3 days that needs no fridge or cooking — OFFICIAL
- ☐ Baby food or formula, and pet food, if needed — OFFICIAL
- ☐ A manual tin opener (a surprising number of households don't own one) — SOCIETY
- ☐ Food your household will actually eat; rotate it into normal meals — SOCIETY
- ☐ In a power cut, keep the fridge and freezer doors shut — SOCIETY

03 Light & warmth

- ☐ Torch and spare batteries; torches are safer than candles — OFFICIAL
- ☐ Blankets, sleeping bags and warm clothing — OFFICIAL
- ☐ A torch kept where you can find it in the dark — SOCIETY
- ☐ Never use a barbecue, camping stove or generator indoors — SOCIETY
- ☐ A working carbon monoxide alarm, tested — SOCIETY

04 Power & communication

- [ ] FM radio, battery-powered or wind-up — OFFICIAL
- [ ] A charged power bank for phones or compatible medical devices — OFFICIAL
- [ ] Phones kept charged when a storm or outage is forecast — SOCIETY
- [ ] A paper map of your area, and a meeting point agreed with the household — SOCIETY

05 Money & documents

- [ ] Some cash (a mix of coins and notes) as well as cards — OFFICIAL
- [ ] Printed copies of ID and important documents, such as passports, birth certificates and insurance details — OFFICIAL
- [ ] A written list of important phone numbers — OFFICIAL
- [ ] A written list of regular medication and doses — OFFICIAL

06 Health & hygiene

- [ ] First aid kit — OFFICIAL
- [ ] Essential medication and medical supplies — OFFICIAL
- [ ] Request repeat prescriptions in good time (up to 5 working days before you need them) — OFFICIAL
- [ ] Hand sanitiser, wet wipes and bathroom products — OFFICIAL
- [ ] Nappies and wipes, if needed — OFFICIAL
- [ ] Spare glasses, hearing-aid batteries and any medical-device chargers — SOCIETY
- [ ] Check the dates in your first aid kit — SOCIETY

07 People

- [ ] Join the Priority Services Register if you or someone at home may need extra support (England, Scotland and Wales; Northern Ireland has Customer Care Registers) — OFFICIAL
- [ ] Agree who checks on elderly or vulnerable neighbours — SOCIETY
- [ ] Decide who collects the children if phones are down — SOCIETY

08 Numbers to write down today

999
Life in danger

105
Power cut (England, Scotland, Wales)

03457 643 643
Power cut (Northern Ireland)

0800 111 999
Smell gas or suspect carbon monoxide

111
NHS non-emergency

gov.uk/alerts
How Emergency Alerts work

Sources: Be Ready (UK Government) · Emergency Alerts · Priority Services Register

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