BRACE KIT

bracekit.co.uk/be-ready
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BE READY: 3-DAY CHECKLIST

The UK government asks every household to be able to manage on its own for **3 days** if power, water, phones or the internet go down. Water: **3 litres per person per day** for drinking, plus extra for cooking and washing.

You don't need to buy it all at once. Most homes already have a lot of this. The essentials people are most often missing (water, a torch and batteries, a power bank, a wind-up radio and a tin opener) come to about £65 for 2 adults, or £75 for a family of four. Add the rest a few items at a time with your weekly shop.

WATER

- [ ] Drinking water for everyone for 3 days
- [ ] Extra water for cooking and washing

LIGHT AND WARMTH

- [ ] Torch (one per person is ideal)
- [ ] Spare batteries that fit it
- [ ] Blankets, sleeping bags, warm layers

MONEY AND DOCUMENTS

- [ ] Cash in small notes and coins
- [ ] Printed copies of important documents
- [ ] Important phone numbers on paper

HYGIENE

- [ ] Hand sanitiser and wet wipes
- [ ] Toilet roll and sanitary products

PET PRODUCTS

- [ ] Pet food and water (if needed)

FOOD

- [ ] 3 days of no-cook, long-life food
- [ ] A manual tin opener

COMMUNICATION AND INFORMATION

- [ ] Battery or wind-up FM radio
- [ ] Charged power bank and cable

MEDICAL

- [ ] First aid kit
- [ ] Essential medication and supplies

BABY PRODUCTS

- [ ] Formula, nappies and wipes (if needed)

OUR HOUSEHOLD PLAN

Fill this in, keep it with your important documents, and tell everyone at home where it is.

IMPORTANT NUMBERS

CONTACT 1 .....

CONTACT 2 .....

NEIGHBOUR .....

GP / PHARMACY .....

WATER SUPPLIER .....

INSURANCE .....

Power cut: 105 (Northern Ireland: 03457 643643)

Gas emergency: 0800 111 999 (Northern Ireland: 0800 002 001)

Non-emergency police: 101 · **NHS:** 111

Emergency: 999

MEDICATION AND MEDICAL NEEDS

NAME / MEDICINE .....

NAME / MEDICINE .....

NAME / MEDICINE .....

☐ Checked if anyone qualifies for the Priority Services Register (energy and water)

IF WE CAN'T GET HOME OR CAN'T REACH EACH OTHER

MEETING POINT .....

BACKUP MEETING POINT .....

WHO CHECKS ON .....

WHO COLLECTS THE CHILDREN .....

AROUND THE HOUSE

WATER STOPCOCK .....

FUSE BOX .....

GAS METER / SHUT-OFF .....

KIT IS KEPT .....

6-MONTH KIT CHECK

Check expiry dates, recharge power banks, test torches, update this plan.

CHECKED ON .....

NEXT CHECK .....

NEXT CHECK .....

Based on the UK government's Be Ready advice at beready.campaign.gov.uk. Bracekit is an independent site and not part of the government campaign. In an emergency, always follow instructions from the emergency services. Costs are rough estimates from the Bracekit kit calculator. More tools and guides: bracekit.co.uk