How to use your checklists

Four simple steps to start today



Step by step

1 

Download

Save the PDF on your phone or computer.

2 

Print

At home or at a print shop.

3 

Tick

Go through each list and tick what you already have. You can also tick on screen.

4 

Review

Look at your lists twice a year and add whatever is missing.

Printing

A4 paper

210 × 297 mm, scale “Actual size” or 100%

Colour or black and white

Both are easy to read



At home



At a print shop



On white paper

Open the PDF for free

Chrome, Edge or Adobe Acrobat Reader



CHECKLIST 01

72-hour emergency kit

Everything your family needs to manage on its own for 72 hours.





Water and food

- [ ] Water per person per day for 3 days (amount on the last page of the guide)
- [ ] Food for 3 days that needs no fridge or cooking
- [ ] Ring-pull tins
- [ ] Manual tin opener, tied to the kit, for tins without a ring pull
- [ ] Dried fruit and vegetables
- [ ] Hard cheese, kept somewhere cool
- [ ] Tinned fish and meat
- [ ] Instant soups
- [ ] Baby food or special diet food, if needed



Light, power and information

- [ ] One torch per person
- [ ] Spare batteries
- [ ] Candles and matches or a lighter
- [ ] Battery or wind-up radio
- [ ] One charged power bank per person, with cable
- [ ] A good mobile plan and credit
- [ ] Contact list on paper



Health and hygiene

- [ ] First aid kit: saline, antiseptic, surgical spirit, cotton wool, gauze, bandages, medical tape, plasters, scissors, tweezers and thermometer
- [ ] Regular medication, with prescription or list
- [ ] Spare glasses or contact lenses
- [ ] Shower gel, wet wipes and soap
- [ ] Toilet roll and strong bags
- [ ] Bleach, washing-up liquid, disinfectant, sponges, cloths, kitchen roll, rubber gloves and bucket
- [ ] Period products
- [ ] Nappies, if needed
- [ ] Gloves and face masks
- [ ] Tissues, hand sanitiser, spare underwear and socks, small towel
- [ ] Comb, nail clippers, razor, deodorant, dry shampoo, lip balm and hand cream
- [ ] Insect repellent, if needed
- [ ] Bucket with a lid and bags, in case the toilet doesn't work

CHECKLIST 01

72-hour emergency kit

Second page of the emergency kit.





Clothes and warmth

- [ ] A change of clothes per person
- [ ] Sturdy, comfortable shoes
- [ ] Waterproof jacket
- [ ] Hat and gloves, depending on the season
- [ ] Foil blanket or blanket
- [ ] Sleeping bag, in case you have to leave



Tools

- [ ] Multi-tool or penknife
- [ ] Lighter or matches
- [ ] Strong tape
- [ ] Rope: 1 roll, 10 to 15 metres
- [ ] Cable ties, tarpaulin and work gloves
- [ ] Whistle
- [ ] Zip-lock bags
- [ ] Pen, notebook and spare keys
- [ ] Waterproof phone pouch
- [ ] Earplugs, sewing kit and battery clock
- [ ] Pack of cards and a book
- [ ] Bag for dirty or wet clothes
- [ ] Safety pins and elastic bands
- [ ] Map of your area



Money and documents

- [ ] Cash in small notes and coins
- [ ] Bank card
- [ ] Copies of documents in a waterproof bag
- [ ] Family plan and “Useful information” page, printed
- [ ] House and car keys



If you have a pet

- [ ] Food and water for 3 days
- [ ] Lead, collar with ID tag, and pet carrier
- [ ] Medication and vaccination record

Where I am I have: _____ Still missing: _____ Next check: _____

CHECKLIST 02

Emergency document folder

Everything important in one place, in a waterproof bag.





Family

- [ ] Names, dates of birth and contacts
- [ ] A recent photo of each person
- [ ] Emergency contacts: family, neighbours and friends
- [ ] Medical history and allergies
- [ ] Blood group, if known
- [ ] Pets: vet, vaccinations and microchip number



Contacts and communication

- [ ] 999, 111, 101 and local services
- [ ] Work and school
- [ ] Contact in another town
- [ ] Meeting points: near home and outside the neighbourhood
- [ ] Neighbours' contacts



Health

- [ ] NHS numbers
- [ ] GP and specialists
- [ ] Medication list with the dose prescribed by the doctor
- [ ] Copies of prescriptions
- [ ] Vaccination records
- [ ] Advance decision and lasting power of attorney, if you have them



Home

- [ ] Buildings and contents insurance policy
- [ ] Phone numbers for your electricity, water and gas suppliers
- [ ] How to turn off the water, electricity and gas
- [ ] Inventory with photos



Money and legal documents

- [ ] Copy of passport or other photo ID
- [ ] Birth and marriage certificates
- [ ] Copy of driving licence and V5C logbook
- [ ] Property deeds or tenancy agreement
- [ ] Will and legal documents
- [ ] Insurance policies
- [ ] Bank details and your bank's lost or stolen card number
- [ ] Digital copy of everything, stored securely



Evacuation

- [ ] Map with escape routes
- [ ] Safe places: family, friends, hotels
- [ ] Places that accept pets
- [ ] List of what is in the emergency kit

Where I am I have: _____ Still missing: _____ Next check: _____

CHECKLIST 03

Car kit

Keep it in a box or a bag in the boot. Check it twice a year.





For the car

- [ ] Jump leads
- [ ] Spare wheel or puncture repair kit, jack and wheel brace
- [ ] Tyre pressure gauge
- [ ] Warning triangle
- [ ] High-visibility vest, ideally one per person
- [ ] First aid kit, in date
- [ ] Torch and batteries



Tools

- [ ] Multi-tool
- [ ] Strong tape
- [ ] Lubricant spray
- [ ] Rope or ratchet straps
- [ ] Ice scraper, de-icer and a small shovel



Water and food

- [ ] Bottled water, changed regularly
- [ ] Cereal bars and nuts



Health and comfort

- [ ] Medication for the journey
- [ ] Hand sanitiser and wet wipes
- [ ] Tissues or toilet roll
- [ ] Period products



Power and communication

- [ ] Power bank
- [ ] In-car charger
- [ ] Contact list on paper
- [ ] “Useful information” page and document copies, printed, in a waterproof bag
- [ ] Battery or wind-up radio
- [ ] Paper map



Weather

- [ ] Blanket or foil blanket
- [ ] Socks, gloves and hat
- [ ] Waterproof jacket
- [ ] Sun cream and sunglasses



If you have a pet

- [ ] Food and water
- [ ] Lead and collar
- [ ] Pet carrier for the journey

Where I am I have: _____ Still missing: _____ Next check: _____