# Our three-day supply list

Check what you own first. Build gradually. Cross out anything that does not apply.

People at home: _____ Kit location: _____

Next three jobs: 1. _____ 2. _____ 3. _____

## 01 / Water and food

Drinking water target: people ____ x 9 litres = ____ litres for three days. A family of four needs 36 litres. Allow extra for washing, cooking, medical needs, babies and pets.

- ☐ Bottled drinking water. Target: ____ litres / Stored: ____ litres
- ☐ Three days of familiar, ready-to-eat food needing no fridge or cooking
- ☐ Suitable snacks and food for allergies, sensory needs and special diets
- ☐ Manual tin opener, plates / bowls and cutlery

## 02 / Light, warmth and communication

- ☐ Working torch and the correct spare batteries
- ☐ Blankets / sleeping bags and warm clothing for everyone
- ☐ Battery or wind-up FM radio; useful station frequency: _____
- ☐ Charged phone power bank and compatible cable

## 03 / Hygiene and first aid

- ☐ Toilet roll, hand sanitiser, wet wipes and waste bags
- ☐ Period products and other personal hygiene supplies
- ☐ First-aid items checked; replace used or expired contents

Keep medicines, batteries and other hazardous supplies away from children. Store heavy water bottles safely. Use torches rather than candles.

START SMALL: Choose one box or shelf, find the torch, and write down what is missing. You do not need to buy everything at once.

# The things only your family needs

Complete the medical and practical details. Keep this page somewhere secure.

## 04 / Medicines, babies and pets - if applicable

- [ ] Essential medicines and medical supplies; repeat prescription dates checked
- [ ] Medicine names, doses, allergies and care-team contacts written down
- [ ] Care-team plan for refrigerated medicines / powered medical equipment
- [ ] Type 1 diabetes: supplies, hypo treatments and prescribed backup plan checked
- [ ] Babies: suitable ready-to-feed formula, feeding equipment, nappies and wipes
- [ ] Pets: food, extra drinking water and essential medication

Follow individual medicine storage instructions. Keep refrigerated items in their proper storage, not in the kit box. For insulin, follow the product guidance and never freeze it.

## 05 / Documents, contacts and comfort

- [ ] Cash in notes / coins if affordable, plus payment cards
- [ ] Secure copies of IDs, insurance details and key medical-device instructions
- [ ] Written emergency contacts and household meeting place agreed
- [ ] Familiar comfort item, ear defenders or simple offline activity
- [ ] Small bag available if asked to leave; last-minute essentials listed below

## 06 / Free jobs and keeping it ready

- [ ] Checked eligibility for utility Priority Services / NI Customer Care Registers
- [ ] Checked school contact details and relevant local weather / flood alerts
- [ ] Six-month kit review set; charging and battery checks planned as needed

Next review: _____ Torch / charging check: _____ Earliest food expiry: _____

Last-minute items and locations (medicines, glasses, keys): _____

_____

Immediate danger: call 999. Follow emergency-service instructions, including evacuation advice. Do not delay leaving to collect supplies.

Sources: beready.campaign.gov.uk/be-ready-for-emergencies/ and its water-outage advice; diabetes.org.uk insulin guidance. Comfort and organisation tips are our additions.