A PRACTICAL UK HOUSEHOLD CHECKLIST

What to stock up on for an emergency

ANA'S FOOD & LIFESTYLE

Tick HAVE or NEED for each item. Use this list to spot your own gaps.

You can tick on screen, save your copy, or print it and use a pen.

Water

Start with drinking water and what you use every day.

	HAVE	NEED
Drinking water for everyone	☐	☐
Extra for food and basic washing	☐	☐
Suitable water containers	☐	☐
Drinking water for pets, if needed	☐	☐

Keep drinking water separate from water used only for cleaning.

Food you can use

Plan meals your household will actually eat.

	HAVE	NEED
Ingredients for familiar meals	☐	☐
Ready-to-eat, no-cook options	☐	☐
Carbs, protein, fats, fruit or veg	☐	☐
Manual tin opener	☐	☐
Food for dietary needs	☐	☐

Use and replace what you store. Build around meals, not random tins.

Light and charging

Know where everything is in the dark.

	HAVE	NEED
Torches or battery lanterns	☐	☐
Batteries that fit your devices	☐	☐
Charged power bank and cable	☐	☐

Torches are safer than candles.

Information and contacts

Have another way to receive updates.

	HAVE	NEED
Battery or wind-up radio	☐	☐
Important numbers on paper	☐	☐
Basic household contact plan	☐	☐

For power cuts in England, Scotland and Wales, call 105.

MY DRINKING WATER TARGET

People	Days	Litres needed

Estimate: people x days x 3 litres. Allow more for cooking, washing and pets.

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Warmth and clothing

Think especially about a winter power cut.

	HAVE	NEED
Blankets or sleeping bags	☐	☐
Warm layers, socks and clothes	☐	☐
Extra support for vulnerable people	☐	☐

Do not use outdoor stoves or barbecues indoors.

Health and first aid

Cover the needs you rely on daily.

	HAVE	NEED
Regular medication and refill plan	☐	☐
Checked first aid supplies	☐	☐
Plan for powered medical devices	☐	☐
Medical details and contacts	☐	☐

Discuss essential device backup with the provider or care team.

Hygiene and sanitation

Easy to forget until the taps stop.

	HAVE	NEED
Toilet paper and toiletries	☐	☐
Hand sanitiser and wet wipes	☐	☐
Sturdy bin bags and cleaning items	☐	☐
Period or incontinence supplies	☐	☐

Keep these easy to reach, not buried in long-term storage.

People and pets

Add what is specific to your household.

	HAVE	NEED
Baby supplies, if needed	☐	☐
Pet food, medication and supplies	☐	☐
A little cash in small amounts	☐	☐
Anything else your household needs	☐	☐

If something does not apply, leave it blank.

MY NEXT THREE ACTIONS

1.
2.
3.

Based on UK Prepare guidance: prepare.campaign.gov.uk/get-prepared-for-emergencies/