READY KATE · FREE KIT LIST

Kate's 72-hour Kit List

Everything the UK government says every home should have ready for a power cut, flood or storm. Tick it off as you go. Keep it all together in one easy-to-find place.

Light and power

- [ ] Torch (battery or wind-up; safer than candles)
- [ ] Radio (battery or wind-up, for news in a power cut)
- [ ] Power bank, kept charged (for your phone)
- [ ] Spare batteries for torch and radio
- [ ] Backup battery for any medical equipment

Water

- [ ] Bottled water for everyone in the home
- [ ] Extra for baby formula, medical devices and pets

How much? Aim for 10 litres per person per day for drinking, cooking and washing. The bare minimum to survive is about 3 litres. **For 3 days:** 30 litres each is comfortable.

Food

- [ ] Food that needs no cooking (ready-to-eat tins of meat, fruit, veg)
- [ ] Tin opener
- [ ] Pet food, if you have pets

First aid and hygiene

- [ ] First aid kit (plasters, bandages, sterile dressings, antiseptic, gloves, tape, tweezers, thermometer, eyewash)
- [ ] Hand sanitiser and wet wipes
- [ ] Regular medicines for several days
- [ ] Toiletries and sanitary products

Little ones

- [ ] Nappies and wipes
- [ ] Ready-to-feed formula (no boiling or sterilising needed)
- [ ] A favourite toy or comfort blanket

Paperwork, on paper

- [ ] Emergency phone numbers
- [ ] List of everyone's regular medicines
- [ ] Local radio frequencies
- [ ] Insurance details
- [ ] Copies of passports and birth certificates

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Report a power cut (England, Scotland, Wales). Free, any phone.

03457 643643

Report a power cut in Northern Ireland.

Priority Services Register

Free. Ask your energy and water supplier if anyone at home needs extra help.

Missing something? Don't worry. We've compared the torches, radios, power banks and first aid kits out there, and picked the best-value ones for you. Find Kate's Kit at **readykate.com**. Then just add two things a week with the food shop, and in a month your family is ready.

Based on the UK government's emergency advice at prepare.campaign.gov.uk. Ready Kate is independent and is not part of, or endorsed by, the UK government. Kate is an AI presenter.