GRID SURVIVOR

# 72-hour emergency kit

Based on official emergency-preparedness advice. Enough for everyone in your home for three days, kept together in one bag or box that's easy to grab.
Quantities marked "per person" scale with the number of people in your household.

People in my household: _____ Checked on: ____ / ____ / _____

## WATER AND FOOD

- [ ] Bottled water — 3 litres per person per day — Use by: ____ / ____
- [ ] Tinned and dried food that needs no cooking — 3 days per person — Use by: ____ / ____
- [ ] Tin opener
- [ ] Baby food, formula or pet food, if you need them — Use by: ____ / ____

## POWER AND LIGHT

- [ ] Torch (wind-up or battery)
- [ ] Spare batteries — Use by: ____ / ____
- [ ] Battery or wind-up radio
- [ ] Charged power bank and phone cable

## HEALTH AND HYGIENE

- [ ] First aid kit — Use by: ____ / ____
- [ ] Prescription medicines (at least 3 days) — Use by: ____ / ____
- [ ] Hand sanitiser, wet wipes, toilet roll and bin bags
- [ ] Spare glasses or contact lenses

## WARMTH AND SHELTER

- [ ] Warm, waterproof clothes
- [ ] Blanket or foil emergency blanket

## DOCUMENTS AND MONEY

- [ ] Copies of important documents in a waterproof bag
- [ ] Cash in small notes and coins
- [ ] Printed list of emergency contacts
- [ ] Spare house and car keys

## TOOLS

- [ ] Whistle
- [ ] Multi-tool or penknife

- [ ] Notebook and pencil
- [ ] Paper map of your area

Check your kit every six months and replace anything past its date.