



Emergency Kit Inventory

Check what you have and what you're missing. Tick the box when you have it, and note the quantity, shelf life and storage location. Review every 6 months.

✓	ITEM	QUANTITY	SHELF LIFE / CHECK	STORAGE LOCATION
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1. Water

- Drinking water: **3 litres per person per day** (at least 72 hrs)
- Containers or bottles for storage
- Purification tablets / chlorine suitable for treating drinking water
- Portable water filter (e.g. LifeStraw)
- Water bottle with filter for emergencies

2. Food

- Tinned food (pulses, fish, vegetables) — ready to eat
- High-energy foods (nuts, bars, chocolate)
- Hand-operated tin opener
- Long-life emergency rations (e.g. NRG-5)

3. Power and lighting

- Torch (at least one per person)
- Spare batteries in the sizes you use
- Charged power bank for the mobile
- Candles and a lighter or matches in a waterproof bag
- Wind-up torch with solar panel
- Pack of AA batteries

4. Communication

- Battery or wind-up radio, to hear official warnings
- List of important phone numbers **on paper** (family, emergency number 999)
- Whistle, to attract attention
- Solar / wind-up emergency radio

5. First aid kit and medication

- Basic first aid kit (bandages, gauze, plasters, antiseptic, scissors)
- Each family member's regular medication (with a reserve)
- Masks and gloves
- Checked first aid kit

6. Warmth and shelter

- Emergency blankets (foil blankets)
- Warm clothing and a change of clothes per person
- Sleeping bag or thick blanket
- Set of emergency foil blankets

7. Documents and money

- Copies of ID, passport and insurance in a **waterproof bag**
- Copy of vaccination records and prescriptions
- Cash in **small notes** (cash machines may not work)

8. Hygiene

- Toilet paper and tissues
- Hand sanitiser gel
- Tear-resistant bin bags
- Personal care products (soap, sanitary towels, nappies if needed)

Work out exactly how much you need

The planner tells you what and how much to buy — based on the number of people and days.

emergencykitlab.co.uk/planner

The quantities in this list are for guidance only. To find out exactly what and how much you need depending on the number of people and days, use the planner at emergencykitlab.co.uk.