Emergency Kit Checklist

Seasonal and wardrobe | A4 | Print at 100% or Actual size, never Fit to page

Water and food

- ☐ Store 1 gallon of water per person per day
- ☐ Keep 3 days of water
- ☐ Stock canned food and a can opener
- ☐ Keep energy bars and dried fruit
- ☐ Store baby food if needed
- ☐ Keep pet food if needed
- ☐ Rotate the food every 6 months
- ☐
- ☐

Light and power

- ☐ Keep a torch and spare batteries
- ☐ Store a hand-crank radio
- ☐ Keep a power bank charged
- ☐ Store candles and matches
- ☐ Keep a solar charger if you have one
- ☐ Test the batteries every 6 months
- ☐
- ☐

First aid and health

- ☐ Keep a first aid kit
- ☐ Store prescription medicines
- ☐ Keep painkillers and plasters
- ☐ Store a thermometer
- ☐ Keep hand sanitiser and masks
- ☐ Store a copy of medical records
- ☐ Keep a list of emergency numbers
- ☐
- ☐

Documents and extras

- ☐ Keep copies of ID and insurance
- ☐ Store cash in small notes
- ☐ Keep a change of clothes
- ☐ Store a blanket and a whistle

- ☐ Keep a multi-tool
- ☐ Store a map of your area
- ☐
- ☐