



Ready for 3 days

A simple household guide for power cuts, water outages, severe weather and other disruption*

THE AIM: Be able to manage at home for at least 3 days if electricity, gas, water, communications, transport or shops are disrupted.

THE GOAL: Look after your household while services are disrupted — not to expect the worst.

BUILD RESILIENCE GRADUALLY: Buy a few items during your normal shop when you can. Eat what you store. Replace what you use. Check batteries, medicines and dates regularly.

Priorities:

1. WATER

Aim for 3 litres per person, per day: 1 person = 9 L 2 = 18 L 3 = 27 L 4 = 36 L

- ☐ Bottled drinking water for at least 3 days
- ☐ Extra water where household needs require it
- ☐ Water purification tablets as a backup
- ☐ Store bottles cool, dark and safely

Important: drinking water is different from water for washing, flushing toilets and other uses. Don't assume the tap will work during a water outage.

2. FOOD & DRINK — USE WHAT YOU ALREADY EAT

Aim for 3 days of food that can be eaten without cooking, especially if electricity or gas is unavailable. E.g.:

BREAKFAST: Cereal • UHT/long-life milk • oatcakes/crackers • dried or tinned fruit

MEALS: Tinned fish/meat/vegetarian alternatives • beans/lentils/chickpeas • vegetables • soup • ready-to-eat meals

SNACKS & ENERGY: Nuts/seeds • cereal or energy bars • dried fruit • biscuits • peanut butter • chocolate

DRINKS: Water • juice or other non-refrigerated drinks • Tea/coffee • long-life milk

3. LIGHT, INFORMATION & POWER

Keep official information in mind: during disruption, follow instructions from emergency services, government and your local authority

- ☐ Torch + spare batteries
- ☐ Pen, paper + important phone numbers
- ☐ Power bank + phone charging cables
- ☐ Battery, wind-up or solar FM radio
- ☐ Keep the radio somewhere you can find it in the dark

4. COOKING, WARMTH, HYGIENE & HEALTH

SAFETY: Never use a barbecue, camping stove or other fuel-burning appliance indoors unless it is specifically designed and certified for indoor use. Carbon monoxide can kill.

IF YOU CAN COOK WITHOUT ELECTRICITY:

- ☐ Camping stove
- ☐ Correct fuel
- ☐ Lighter/matches
- ☐ Suitable saucepan
- ☐ Manual tin opener
- ☐ Mug, bowl & cutlery

WARMTH

- ☐ Warm clothes
- ☐ Hats/gloves
- ☐ Waterproof clothing
- ☐ Blankets/duvets/sleeping bags

HYGIENE

- ☐ Toilet roll
- ☐ Wet wipes
- ☐ Hand sanitizer
- ☐ Soap
- ☐ Bin bags
- ☐ Toiletries
- ☐ Sanitary products

HEALTH

- ☐ First-aid kit
- ☐ Essential medicines
- ☐ Pet medicines
- ☐ Spare glasses/contact-lens supplies

5. MAKE IT WORK FOR YOUR HOUSEHOLD

Think about each person — and each pet — for 72 hours.

- ☐ Baby food/formula
- ☐ Children's comfort items
- ☐ Mobility equipment
- ☐ Hearing-aid batteries
- ☐ Anything else someone in the household relies on
- ☐ Pet food + water
- ☐ Pet medicines
- ☐ Food for allergies/special diets

* Guidance note: the 3 litres/person/day figure and several preparedness categories in this leaflet reflect the UK Government's 2026 household preparedness research. This leaflet is practical guidance, not a legal requirement. Always follow current instructions from emergency services, government and your local authority. [Ver. 1. 24/09/2026]



6. MAKE A PLAN — NOT JUST A BOX

Find and store important information early. Keep a paper copy. Your phone may be unavailable or uncharged.

Electricity consumer unit:	_____
Water stopcock:	_____
Gas isolation valve:	_____
Local radio station / frequency:	_____
National radio station / frequency:	_____
Emergency contacts:	_____
Family meeting point:	_____
Out-of-area contact:	_____
Who may need extra help?	_____

7. A SMALL GRAB BAG – PACKING LIST

If advised to evacuate, pack essential items in a grab bag. A list can help to remember essential items

- | | |
|--|---|
| ☐ Essential medicines | ☐ Bottled water + snacks |
| ☐ Essential baby/pet supplies | ☐ Essential mobility / assistance aids |
| ☐ Copies of important documents | ☐ Phone charger / power bank |
| ☐ Torch | ☐ Spare glasses |
| ☐ Basic toiletries | ☐ Small amount of cash |
| ☐ Keys | |

8. YOUR 3-DAY CHECK

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|-------------------|---|---|--|
| WATER: | ☐ 3L × people × 3 days | | |
| FOOD: | ☐ 3 days | ☐ no refrigeration | ☐ no cooking |
| LIGHT: | ☐ Torch | ☐ batteries | |
| INFORMATION: | ☐ Radio | ☐ numbers on paper | ☐ essential document copies |
| POWER: | ☐ Power bank | ☐ cables | |
| HEALTH & HYGIENE: | ☐ First aid | ☐ medicines | ☐ washing/toilet supplies |
| WARMTH: | ☐ Blankets | ☐ warm clothes | |
| PEOPLE & PETS: | ☐ Children | ☐ pets | ☐ additional support |
| PLAN: | ☐ Utilities | ☐ meeting place | ☐ official information |

9. KNOWLEDGE CHECK

- ☐ How to call emergency services - 999
- ☐ Basic first aid/CPR
- ☐ NHS advice line - 111
- ☐ How to shut off household utilities
- ☐ Power cut reporting procedures – 105
- ☐ Emergency Alert system recognition
- ☐ Family meeting place
- ☐ How to register for utility company Priority User List

DO WHAT YOU CAN. Check the “Building 3-day readiness” guide for advice on a low-cost approach to preparing for disruption.