



GOVERNMENT BE READY EMERGENCY KIT CHECKLIST

The UK government's official Be Ready list for 3 days, plus the gaps it leaves, with a link for every item.

► [Read the full guide at ukprepperhub.co.uk](#) →

■ Official Be Ready List

■ 3-Day Coverage

■ Updated October 2026

AFFILIATE DISCLOSURE: This checklist contains links to product reviews and Amazon listings. UK Prepper Hub may earn a small commission if you purchase via our links, at no extra cost to you. We only link to products we have researched or tested. This never influences our recommendations. Full disclosure: ukprepperhub.co.uk/affiliate-disclosure/



"The government has finally asked the question properly: are you emergency ready? Its new Be Ready list is a good one, and I've laid it out below in its own order with a link for every item. Then, because I can't help myself, I've added the bits it still leaves out. Tick them off as you go. You don't need it all at once, but you do need to start."

— Calm Clarissa, UK Prepper Hub

THE OFFICIAL BE READY LIST: SUPPLIES

In the order the government gives it. Being ready for 3 days helps you manage while support reaches those who need it most.

- ☐ **1. Bottled Water for 3 Days** [Check Price on Amazon](#) →
3 litres per person per day for drinking, the Be Ready figure. You'll need more for cooking and washing, so 5-litre bottles with a carry handle are the easy way to build it up, and they refill from a standpipe or bowser.
- ☐ **2. Non-Perishable Food for 3 Days** [Check Price on Amazon](#) → [★ We've reviewed this](#) →
Food that keeps without a fridge and needs no cooking: tinned meat, fish and vegetables, dried fruit and nuts. Buy what you normally eat. A 24-hour ration pack covers a whole day in one box if you want a backup.
- ☐ **3. Hand Sanitiser, Wet Wipes and Bathroom Products** [Check Price on Amazon](#) → [★ We've reviewed this](#) →
Large body wipes do a full wash with no running water at all.
- ☐ **4. Torch and Spare Batteries** [Check Price on Amazon](#) → [★ We've reviewed this](#) →
The government says torches are safer than candles, and it's right. A head torch keeps both hands free.
- ☐ **5. Blankets, Sleeping Bags and Warm Clothing** [Check Price on Amazon](#) → [★ We've reviewed this](#) →
Homes get cold quickly when the heating goes off. A foil-lined blanket reflects your own heat back at you with no power at all.
- ☐ **6. FM Radio (Battery or Wind-Up)** [Check Price on Amazon](#) → [★ We've reviewed this](#) →
Write down the frequencies of your national and local stations on paper. This one also runs on solar and USB-C.
- ☐ **7. Charged Power Bank** [Check Price on Amazon](#) → [★ We've reviewed this](#) →
For phones and compatible medical devices. Keep it topped up, not just bought.

Water off for more than a day? [Get my Hygiene Checklist](#) →



☐ **8. Cash and Cards**

A mix of coins and small notes in case card payments or cash machines are down. How much depends on your household.

☐ **9. Copies of ID and Important Documents**
[Check Price on Amazon →](#)
[★ We've reviewed this →](#)

Printed copies of passports, birth certificates, insurance details and instructions for any medical equipment. A fireproof box keeps the originals safe too.

☐ **10. Important Phone Numbers on Paper**

Family, neighbours who may need checking on, your GP, and 105 for power cuts (03457 643643 in Northern Ireland). Add a list of regular medication and doses.

☐ **11. First Aid Kit**
[Check Price on Amazon →](#)
[★ We've reviewed this →](#)

Plasters, bandages, a thermometer, antiseptic, eyewash, sterile dressings, gloves, medical tape and tweezers.

☐ **12. Essential Medication and Medical Supplies**
[Check Price on Amazon →](#)
[★ We've reviewed this →](#)

Order repeat prescriptions up to 5 working days before you need them. For medicine that must stay cold, a cooling wallet works with no power.

☐ **13. Baby Formula, Nappies and Wipes (if needed)**

Ready-made formula is best, because you may not be able to boil water to make up powder.

☐ **14. Pet Food and Bottled Water (if needed)**

Three days for each animal, the same as for the people.

WHAT THE BE READY LIST LEAVES OUT

Clarissa's additions. None of these are on the official list, and all of them matter when the power or water is off for more than a day.

☐ **Manual Tin Opener**
[Check Price on Amazon →](#)

An electric one is useless in a power cut, and half the food on the list comes in tins.

☐ **A Toilet**
[Check Price on Amazon →](#)
[★ We've reviewed this →](#)

Wipes don't replace a toilet if the mains water fails or the sewers flood. A cassette toilet needs no water supply, power or drains.

☐ **A Way to Make a Hot Drink**
[Check Price on Amazon →](#)
[★ We've reviewed this →](#)

No-cook food is fine for a day. By day three, a camping stove makes a big difference. Outdoors or with plenty of ventilation only.

☐ **Carbon Monoxide Alarm**
[Check Price on Amazon →](#)
[★ We've reviewed this →](#)

If you add any stove or heater, add this first. Carbon monoxide gives no warning.

☐ **A Light That Comes On by Itself**
[Check Price on Amazon →](#)
[★ We've reviewed this →](#)

The list says torch, but you have to find it in the dark first. A plug-in night light switches on the moment the power goes, so the landing and stairs are never dark.

☐ **Light for the Whole Room**
[Check Price on Amazon →](#)
[★ We've reviewed this →](#)

A torch lights one spot. A lantern lets you cook, read and move about.

☐ **Water Treatment for When the Bottles Run Out**
[Check Price on Amazon →](#)
[★ We've reviewed this →](#)

Tablets make collected water safe to drink.

☐ **Walkie-Talkies**
[Check Price on Amazon →](#)
[★ We've reviewed this →](#)

The radio lets you hear the news, not talk to a neighbour. Licence-free PMR446 radios cover a street when the mobile network is down.

BEFORE YOU TICK THE LAST BOX

- ☐ Checked what you already own first. This is a checklist, not a shopping list
- ☐ Water and food dated: note when you bought it and rotate every 6-12 months
- ☐ Torch and radio batteries fresh, or wind-up and solar tested
- ☐ Medication matches your actual prescription, and repeats are ordered in time
- ☐ Signed up for the Priority Services Register if anyone in the house needs extra help
- ☐ Kit stored somewhere everyone in the house knows about, not just you



Missing Something?

Using a printed copy? Point your phone camera at the code for anything you still need and it'll open on Amazon.



1. Bottled Water for 3 Days



2. Non-Perishable Food for 3 Days



3. Hand Sanitiser, Wet Wipes and Bathroom Products



4. Torch and Spare Batteries



5. Blankets, Sleeping Bags and Warm Clothing



6. FM Radio (Battery or Wind-Up)



7. Charged Power Bank



9. Copies of ID and Important Documents



11. First Aid Kit



12. Essential Medication and Medical Supplies



Manual Tin Opener



A Toilet



A Way to Make a Hot Drink



Carbon Monoxide Alarm



A Light That Comes On by Itself



Light for the Whole Room



Water Treatment for When the Bottles Run Out



Walkie-Talkies



More Free Checklists

The Be Ready list gets your home through the first three days. Each of these goes further on one subject. Scan to download, all free.



All of Clarissa's Checklists

Every free checklist in one place



Power Cut Checklist

Light, power, warmth and food when the lights go out



Water Checklist

From 3 days to a two-week supply



Food Checklist

Building a store cupboard that lasts



Grab Bag Checklist

If you're told to leave home in a hurry



Get Home Bag Checklist

Getting home from work when transport stops



Winter Car Checklist

Checks and kit before the first freeze

