SEVEN-DAY SUPPLIES CHECKLIST

READY WHEN IT MATTERS · FREE PRINTABLE

Tick off each item as you get it. Write the date next to anything that goes out of date, and check everything twice a year.

Water

- ☐ 3 litres of drinking water per person per day, for at least 3 days (ideally 7)
- ☐ Extra water for pets, babies and anyone who is ill
- ☐ Clean containers with lids for extra water
- ☐ Collapsible water carrier
- ☐ Water purification tablets or a portable filter
- ☐ A large pan and lid for boiling water

Food for one person for 7 days (example)

- ☐ 7 tins of fish or meat
- ☐ 7 tins or pouches of beans, lentils or chickpeas
- ☐ 4 tins of soup or ready meals
- ☐ 4 tins or pouches of fruit
- ☐ 4 tins of vegetables
- ☐ 1 kg pasta, rice or couscous
- ☐ 500 g porridge oats or muesli
- ☐ 1 pack crispbread, crackers or oatcakes
- ☐ 1 jar peanut butter or other spread
- ☐ 500 g nuts, seeds or dried fruit
- ☐ 7 cereal bars and some chocolate
- ☐ 2 litres long-life milk or plant milk
- ☐ Tea, coffee, sugar, salt and stock cubes
- ☐ Cooking oil
- ☐ Multivitamins
- ☐ Special foods: baby food, allergy-free, diabetic
- ☐ Pet food for 7 days
- ☐ Manual tin opener

Warmth, light and power

- ☐ Torch for each person, and a head torch
- ☐ Wind-up or solar torch or lantern
- ☐ Spare batteries in the right sizes
- ☐ Battery, wind-up or solar radio
- ☐ Two charged power banks and cables
- ☐ Car phone charger
- ☐ Sleeping bags or extra duvets and blankets
- ☐ Warm clothes, hats, gloves and thick socks
- ☐ Camping stove with spare fuel
- ☐ Matches and a lighter
- ☐ Battery carbon monoxide alarm
- ☐ Working smoke alarms (test monthly)
- ☐ Fire extinguisher or fire blanket

Health and hygiene

- ☐ Regular medicines, with a list of names and doses
- ☐ Painkillers and fever reducers
- ☐ Rehydration salts and anti-diarrhoea tablets
- ☐ Antihistamines
- ☐ Plasters, sterile dressings and bandages
- ☐ Adhesive tape and triangular bandage
- ☐ Disposable gloves
- ☐ Antiseptic wipes or cream
- ☐ Scissors, tweezers and safety pins
- ☐ Thermometer
- ☐ Foil emergency blankets
- ☐ Spare glasses or contact lenses
- ☐ Soap, hand sanitiser and wet wipes
- ☐ Toilet paper, sanitary products and nappies
- ☐ Strong rubbish bags and cat litter or sawdust
- ☐ Bucket with a lid
- ☐ Household disinfectant

Money, documents and communications

- ☐ Cash for one week, in small notes and coins
- ☐ Documents in a waterproof folder
- ☐ Paper copies of documents kept elsewhere
- ☐ Written list of phone numbers
- ☐ Household plan filled in
- ☐ Road map of your area

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