UK family-of-4 kit summary

One page; tick as you buy.

- [ ] **Store 3 days' supply of bottled drinking water for the household**
  When: This fortnight | Cost: £5-£20 | Qty (family of 4): 36 litres: 3 litres per person per day for 3 days, plus extra for cooking, washing, babies and pets
- [ ] **Stock long-life or ready-to-eat food and a tin opener**
  When: This fortnight | Cost: £15-£40 | Qty (family of 4): 3 days of long-life or ready-to-eat food for 4 (e.g. tinned meat, fruit, vegetables)
- [ ] **Keep a modest extra store of non-perishables and plan for family and pet dietary needs**
  When: This month | Cost: £10-£30 | Qty (family of 4): optional; no source figure
- [ ] **Buy battery-powered or wind-up torches with spare batteries; avoid candles**
  When: This fortnight | Cost: £5-£25 | Qty (family of 4): 1 per adult + 1 spare; spare batteries
- [ ] **Fit a carbon monoxide alarm in each room containing a gas, oil, coal or wood-burning appliance**
  When: This fortnight | Cost: £10-£30 per alarm | Qty (family of 4): 1 per room containing a fuel-burning appliance
- [ ] **Keep blankets and warm layers accessible; try to heat frequently used rooms to at least 18°C**
  When: This month | Cost: £15-£60 | Qty (family of 4): 1 blanket or sleeping bag per person
- [ ] **Pack nappies and wipes for each infant in the kit**
  When: This fortnight | Cost: £15-£50 (nappies, wipes and formula together) | Qty (family of 4): At least 3 days for each infant, incl. nappies and wipes
- [ ] **Pack ready-to-feed formula and any baby medicines in the kit**
  When: This fortnight | Cost: see the nappies and wipes row | Qty (family of 4): At least 3 days for each infant, incl. nappies and wipes
- [ ] **Talk to your clinical team and equipment provider about medicines and powered equipment in a power cut. Keep power banks charged**
  When: This fortnight | Cost: varies | Qty (family of 4): As your clinical team advises
- [ ] **Add pet supplies (food, medication) to the kit and plan for special diets**
  When: This fortnight | Cost: £5-£25 | Qty (family of 4): 3 days of food per pet
- [ ] **Include pets in the evacuation plan and take every pet with you**
  When: This fortnight | Cost: £10-£40 | Qty (family of 4): 1 carrier or lead per pet
- [ ] **Store drinking water for 3 days at 3 litres per person per day; allow more for cooking, washing, babies, medical needs and pets**
  When: This fortnight | Cost: £10-£30 | Qty (family of 4): 36 litres drinking water for 3 days; additional needs vary
- [ ] **Stock at least 3 days of non-perishable food that needs no cooking or refrigeration, plus a manual tin opener**
  When: This fortnight | Cost: £25-£60 | Qty (family of 4): 3 days of food for 4 people (about 36 meals)
- [ ] **Use a camping stove or barbecue only outdoors in the open air; never inside the home, in a tent, or in an enclosed space such as a garage or shed. If it is wet or windy, eat food that needs no cooking rather than cooking indoors**
  When: This month | Cost: £20-£50 | Qty (family of 4): 1 stove + fuel

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General preparedness information from official sources, not personal, legal, medical or insurance advice. Always follow instructions from your local authorities and emergency services. In an emergency call 999 or 112 (UK) or 911 (US). Checklist built from official-source tables (source hosts shown; full links on the website); costs marked indicative are planning ranges. Items are those common to this country's regional tables; see your regional checklist for local actions.

Full links and updates:
ninoprep.com/uk/
Scan the code or type the address.