



THE 72-HOUR CHECKLIST

Three days of self-sufficiency. In the right order.

THE ORDER – WHAT TO DO FIRST

H + 0 WARMTH & SHELTER

- ☐ Decide: stay or leave. Stay unless the building is unsafe.
- ☐ Get dry. Wet clothing pulls heat out of you fast.
- ☐ Close off one room. Heat one small space, not the house.
- ☐ Insulate yourself from the floor — cardboard, foam, a mattress.

H + 3 WATER

- ☐ Fill the bath, every bottle, pans and the kettle — now.
- ☐ Count 3 litres per person per day. Three days = 9 litres each.
- ☐ Don't forget pets.
- ☐ Pressure fails hours before the taps run dry.

H + 24 LIGHT & CONTACT

- ☐ Charge every power bank while the grid still holds.
- ☐ Find the battery radio. Know which station carries alerts.
- ☐ Write phone numbers on paper. Your phone will die.
- ☐ Agree a meeting point with family — today, not later.

H + 48 FOOD & HYGIENE

- ☐ Food that needs no cooking and no fridge.
- ☐ Bin bags, wet wipes, hand gel, toilet paper.
- ☐ Keep waste sealed and away from where you sleep.
- ☐ Food is last. You have weeks. Hygiene you do not.

THE BAG – WHAT TO HAVE READY

WATER & FOOD

- ☐ 9 L water per person
- ☐ 3 days food, no cooking
- ☐ Manual can opener

HEALTH

- ☐ First aid kit
- ☐ 7 days of your medication
- ☐ Prescriptions on paper

WARMTH

- ☐ Blanket or sleeping bag
- ☐ Dry spare clothes
- ☐ Hat and gloves

PAPERS & MONEY

- ☐ Copies of ID
- ☐ Cash in small notes
- ☐ Emergency numbers written down

LIGHT & POWER

- ☐ Torch + spare batteries
- ☐ Power bank, charged
- ☐ Battery or wind-up radio

OTHER

- ☐ Lighter or matches, kept dry
- ☐ Whistle
- ☐ Multi-tool or knife

FILL THIS IN NOW – BEFORE YOU NEED IT

Our meeting point

Second meeting point, if the first is unreachable

Contact outside the area

Where the water shut-off is
