



# 72-hour emergency kit

A basic household kit lets your family cope for at least three days without power, water or shops. This page explains what to pack, where to keep it and how to keep it current.

## CHECKLIST

- |                                                                              |                                                                         |
|------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <input type="checkbox"/> Drinking water for every person for at least 3 days | <input type="checkbox"/> Prescription medicines                         |
| <input type="checkbox"/> Non-perishable food and a manual tin opener         | <input type="checkbox"/> Hand sanitiser and wet wipes                   |
| <input type="checkbox"/> Battery or wind-up radio                            | <input type="checkbox"/> Whistle to signal for help                     |
| <input type="checkbox"/> Torch with spare batteries                          | <input type="checkbox"/> Some cash in small notes                       |
| <input type="checkbox"/> Power bank for phones                               | <input type="checkbox"/> Copies of important documents and contact list |
| <input type="checkbox"/> First aid kit                                       | <input type="checkbox"/> Blanket or sleeping bag per person             |

## PREPARE

- Plan to manage on your own supplies for at least 72 hours.
- Aim for a full week of supplies if you have space.
- Check your national civil protection guidance on 72-hour household self-sufficiency.
- Pack items in airtight bags inside one or two containers that are easy to carry.
- Include water, non-perishable food, a radio, torch, spare batteries and a first aid kit.
- Add a power bank, hand sanitiser, wet wipes and a manual tin opener.

## USE AND MAINTAIN

- Keep the kit in one agreed spot that everyone in the home knows.
- Split a heavy kit into individual backpacks so each person can carry something.
- Use a torch rather than candles for light, as torches are safer.
- Grab the kit if told to leave, but take nothing if escaping a fire.

## REVIEW

- Replace expired food, water and batteries at least once a year.
- Review the whole kit yearly and update it as family needs change.
- Restock anything you used as soon as shops reopen.
- Test your plan and kit with a practice scenario to find gaps.

## IN THE UAE

In the UAE, keep the national emergency numbers in your kit list: 999 police, 998 ambulance, 997 civil defence.

## MY NOTES

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Sources: Ready.gov (FEMA), Build A Kit (<https://www.ready.gov/kit>); UK Government (Prepare), Get prepared for emergencies (<https://prepare.campaign.gov.uk/get-prepared-for-emergencies/>); Swedish Civil Defence and Resilience Agency (MCF), Basics of home preparedness (<https://www.mcf.se/en/advice-for-individuals/home-preparedness-prepping-for-at-least-a-week/basics-of-home-emergency-preparedness/>); Get Prepared (Public Safety Canada), Your Emergency Preparedness Guide (<https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprrdrnssgd/>); European Commission (DG ECHO), Preparedness ([https://civil-protection-humanitarian-aid.ec.europa.eu/what/civil-protection/preparedness\\_en](https://civil-protection-humanitarian-aid.ec.europa.eu/what/civil-protection/preparedness_en)); UAE Government Portal (u.ae), Handling emergencies (<https://u.ae/en/information-and-services/justice-safety-and-the-law/handling-emergencies>)  
General guidance in our own words. Always follow your local authorities.