P · PLAN · START HERE

72 HOURS FROM SCRATCH

No kit yet? That's fine. Four steps, one at a time. Do step 1 and you're already better off than yesterday.

1 **This sheet is for ONE person for 3 days.**
Multiply everything by the number of people in your household. Pets too (P6). × ____ people

SAME KIT, ABOUT £80 · EVERY SPEED IS GOOD · START WHERE YOU CAN

FROM ZERO 16 weeks
£5 a week
The gentle start. Two items at a time.

GOOD 8 weeks
£10 a week
Two weeks per step. Slow and steady.

BETTER 4 weeks
£20 a week
One step a week. Done in a month.

BEST Today
£80 all at once
One shop, one afternoon.

THE FOUR STEPS

1 Water — 9 litres

- [ ] 3 litres a day × 3 days = **9 litres** (e.g. six 1.5 litre bottles)
- [ ] Write the date on them and keep them cool and dark
- [ ] Optional: purification tablets as a back-up

More: **W1** Making water safe

Rough cost about **£4**

2 No-cook food — 3 days

- [ ] Food you can eat cold: ring-pull tins, crackers, cereal bars, nut butter, dried fruit
- [ ] A manual tin opener (even for ring-pulls)
- [ ] Foods you actually like and eat now

More: **F5** A week's food box · **F3** Stock rotation

Rough cost about **£14**

3 Light, news & health

- [ ] Torch and spare batteries
- [ ] Wind-up or battery radio
- [ ] Small first aid kit
- [ ] At least 3 days of your own medicines

More: **L1** Power cut · **L2** Battery log · **P5** Medical info

Rough cost about **£32**

4 Home basics

- [ ] A box to keep it all in one place
- [ ] Some cash in small notes and coins
- [ ] Charged power bank, warm blanket
- [ ] Wet wipes and bin bags

More: **H3** Winter prep · **L1** Power cut

Rough cost* about **£30**



All four done? Well done. You have a 3-day kit.

- Keep it together where everyone can find it, and tell your household where it is.
- Check it every six months: dates, batteries, medicines (**P9**).
- Next step when you're ready: build towards a week (**F5**).

For 1 person: **about £80** in total, whatever speed you pick. Already got some? It costs less.

Rough guide prices, Oct 2026. *Cash not included. Stay-at-home kit. Leaving in a hurry? See P8.

Important. General guidance, not professional advice. In an emergency, call 999 and follow the emergency services and local authorities. Based on UK Government and British Red Cross advice to be ready for at least 3 days.