



SHELF RELIANCE

PRACTICAL, CALM, READY



72-HOUR READINESS PLANNER

A daily, per-person checklist for water, food, wellbeing and the household essentials that support them.

PRINT IT. FILL IT IN. KEEP IT WITH YOUR KIT.

Build your practical kit at shelfreliance.co.uk

Working domain for this draft - confirm ownership and brand clearance before launch.

Your 72-hour household calculator

Write in who you are planning for, then use the table as a starting point. Individual needs vary.

WATER FIRST

2.5-3 litres per person, per day

UK Prepare describes this as the minimum drinking-water range for survival. A more comfortable target is 10 litres per person per day when basic cooking and hygiene are included.

Quick water totals

People	Daily minimum	72-hour minimum	72-hour comfort
1	2.5-3 L	7.5-9 L	30 L
2	5-6 L	15-18 L	60 L
3	7.5-9 L	22.5-27 L	90 L
4	10-12 L	30-36 L	120 L
5	12.5-15 L	37.5-45 L	150 L
6	15-18 L	45-54 L	180 L

My household

People: _____ Pets: _____ Planning period: _____ days

Drinking-water minimum: _____ L Comfort target: _____ L Storage checked on: _____

FOOD COUNT - PER PERSON FOR 72 HOURS

3

BREAKFASTS

3

LUNCHES

3

DINNERS

3-6

SNACKS

Choose familiar, shelf-stable foods that can be eaten cold or need little water and fuel. Plan separately for allergies, medical diets, babies, older people and pets.

Extra needs to account for

☐ Medicines / medical devices

☐ Ready-to-feed infant formula

☐ Pet water and food

☐ Pregnancy / breastfeeding

☐ Hot weather or activity

☐ Dietary restrictions

Daily checklist - one person, one day

Use one sheet per person per day. Keep the plan flexible and follow individual medical or dietary advice.

Name: _____

Date: _____

DRINKING WATER

Six 500 ml markers make a 3 litre planning allowance. This is not a rigid prescription: drink regularly, and adjust for age, health, pregnancy, activity and weather.

☐ 500 ml

☐ 500 ml

☐ 500 ml

☐ 500 ml

☐ 500 ml

☐ 500 ml

Meals and snacks

Breakfast

Lunch

Dinner

Snacks

A BALANCED DAY, WHERE PRACTICAL

☐ Starchy energy food

☐ Protein source

☐ Fruit and vegetables

☐ Dairy or alternative

☐ Small unsaturated fat

☐ Familiar comfort food

Aim for variety across the day or week; keep foods high in fat, salt and sugar as occasional extras.

Health, warmth and contact

☐ Medicines taken

☐ Warm and dry

☐ Phone / power checked

☐ Official update heard

Notes / symptoms / supplies to replace

Simple no-cook meal builder

Build familiar meals from shelf-stable components. Check labels and rotate the stock into normal meals.

1. ENERGY

Wholegrain crackers, wraps, oatcakes, cereal, oats or ready-to-eat grains.

2. PROTEIN

Tinned beans, lentils, fish or chicken; nut or seed butter; shelf-stable alternatives.

3. COLOUR

Tinned fruit in juice, tinned vegetables, dried fruit or long-life produce.

SAFE PREPARATION

Only use a stove if you can do so safely. Never use outdoor barbecues, camping stoves or generators indoors. Do not use food that looks unsafe or conflicts with label instructions.

Three-day menu plan

	DAY 1	DAY 2	DAY 3
BREAKFAST			
LUNCH			
DINNER			
SNACKS			

Useful combinations

☐ Cereal + UHT milk + tinned fruit

☐ Crackers + beans or fish + tinned vegetables

☐ Wrap + nut butter + fruit

☐ Ready-to-eat soup or meal + oatcakes

If safe hot water is available, quick-cook oats, couscous and dehydrated meals add options - but remember that they increase your stored-water requirement.

72-hour home checklist

Store everything together where it is easy to reach. Review dates, batteries and changing household needs regularly.

WATER + FOOD

- ☐ Stored drinking water
- ☐ Ready-to-eat food
- ☐ Manual tin opener
- ☐ Pet / baby supplies

LIGHT + POWER

- ☐ Battery / wind-up torch
- ☐ Spare batteries
- ☐ Charged power bank
- ☐ Safe charging cables

INFORMATION

- ☐ Battery / wind-up radio
- ☐ Written contact numbers
- ☐ Meeting point agreed
- ☐ Local alerts enabled

HEALTH + HYGIENE

- ☐ First-aid kit
- ☐ Essential medicines
- ☐ Hand sanitiser / wipes
- ☐ Waste bags / toilet plan

WARMTH + SAFETY

- ☐ Warm layers / blankets
- ☐ Smoke / CO alarms tested
- ☐ Keys easy to reach
- ☐ Special equipment planned

DOCUMENTS

- ☐ ID / insurance copies
- ☐ Emergency contacts
- ☐ Prescription details
- ☐ Small cash reserve

BEFORE AN INCIDENT

Use and replace stored food, keep water containers clean and sealed, recharge power banks, and make sure everyone knows where the kit is. During an incident, follow local authority and emergency-service instructions.

Official guidance used for this planner (accessed 29 September 2026)

UK Prepare: prepare.campaign.gov.uk/get-prepared-for-emergencies/

NHS hydration: nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/

NHS Eatwell Guide: nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/