Be ready. Be prepared.

YOUR HOUSEHOLD PREPAREDNESS GUIDE

If the taps stopped, the shops could not take card payments or you could not get home, what would your household need first?

This guide helps you answer that question.

Work out your water supply, plan meals without cooking and organise help for people and pets. Start with what you have. Fill the gaps as you can.



Three days. A workable plan. Essentials you will use.

Inside: water quantities, a three-day no-cook menu, supply checklists and a household emergency plan you can complete. Find the section you need below. Put essential medicines and care arrangements first. Then tackle one useful job.

START WITH 3 DAYS
Food, water and daily essentials

MAKE A SIMPLE PLAN
People, pets and practical help

KEEP IT AFFORDABLE
One manageable step at a time

YOUR PRACTICAL GUIDE

Checklists, meal ideas and ready-to-use plans

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Ask questions, swap practical tips and get prepared with other UK households.

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Click here to visit our group

Being prepared is perfectly normal. One useful step at a time. Zoe x

Independent guidance from East Sussex Smallholders Ltd.

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BE READY FOR WHATEVER DISRUPTS YOUR DAY.

From drinking water and food supplies to warmth, lighting and first aid - find what your household needs in one handy Amazon list.

SHOP THE ESSENTIALS & GET PREPARED → #aff

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Know what your household depends on

Start with the routines that must keep working.

1. **Walk through a normal day**

   List the services behind meals, heating, lighting, washing, communication and care. A gas boiler, water pump or digital landline may still depend on electricity.

2. **Identify the urgent needs**

   Put medicines, powered medical equipment, mobility and essential care first. Use individual care-team instructions; a general emergency box cannot replace them.

3. **Choose a usable alternative**

   Match each dependency to a tested backup: a torch for light, ready-to-eat food for meals, safe stored water and a paper contact plan.

4. **Make the plan accessible**

   Record where supplies, shut-offs and instructions are kept. Ask your landlord or building manager about shared systems. Do not operate unfamiliar equipment without instructions.

5. **Share the jobs**

   Name a lead and a backup for checking updates, preparing food, collecting supplies and checking relatives or animals. Agree access and consent with anyone receiving help.

6. **Test one ordinary routine**

   Try finding the torch, serving a meal and locating a contact without Wi-Fi. Record what failed, who will fix it and a review date.

CHECK BEFORE BUYING



Paper plan; torch; manual opener; supplier contacts. Check what you already own before shopping.

PLAN FOR YOUR HOME

Electricity: heating, pumps, access.

Water: drinking, hygiene, animal care.

Networks: calls, payments, updates.

SAFETY REMINDER

If essential care, warmth or access becomes unsafe, seek help using the agreed plan. Do not wait simply because an estimated restoration time has been given.

IMAGINE THIS: THE HEATING STILL NEEDS ELECTRICITY

Hypothetical planning exercise. A short power cut may leave you with light but no boiler controls. A longer one may also affect a pump, router or stairlift. Walk through an ordinary morning and list every step that depends on a service.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

Read the official guidance linked on page 18. Follow current local instructions and individual care plans. In immediate danger, call 999 or 112.

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Water: how much do you need?

Count the people. Choose the days. Check what you already have.

3 L
Drinking / person / day
Be Ready drinking-water allowance [1, page 18].

10 L
Broader needs / person / day
Includes drinking, basic cooking and hygiene.

+ extras
Add separately
Animals, baby feeding and individual care needs.

Two adults, three days: see what that looks like



Drinking-water example: 4 × 5 L = 20 L

2 people × 3 days × 3 litres = 18 litres

Four 5-litre bottles provide 20 litres.
For the broader allowance: 2 × 3 × 10 = **60 litres total**, including drinking water. Add animal and additional care needs.

Quick quantity guide

People	3 days: drinking	7 days: drinking	3 days: broader
1	9 L	21 L	30 L
2	18 L	42 L	60 L
3	27 L	63 L	90 L
4	36 L	84 L	120 L

1. Store it safely

• Choose sealed bottled water; follow its date and storage instructions.
• Keep cool, out of sunlight, and replace what you use.
• For collection, use clean food-grade containers. Never reuse chemical or fuel containers.
• Label non-drinking water separately.

2. Make it manageable

• One litre weighs about 1 kg, plus its container. Test lifting and pouring safely.
• Use smaller bottles or arrange help if needed; keep some accessible.
• Measure normal animal use over several days; allow for spillage.
• Identify a supplier or helper for resupply.

IMAGINE THIS: TWO RELATIVES STAY

Hypothetical example: your two-person, three-day drinking target becomes **36 litres** for four people. Your original 20 litres no longer covers the same period.

3. Complete your water plan

People ____ × days ____ × allowance ____ L = target ____ L

Extra care ____ L Animals ____ L Stored ____ L Gap ____ L

Storage / resupply: _____

Be Ready advises 3 litres/person/day for drinking, plus extra for cooking and washing [1]. The 10-litre figure here is a broader planning allowance, not the campaign target. Follow any prescribed fluid restrictions.

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When the taps stop working

Check the type of problem before choosing a response.

1. **Read the supplier's instructions**

   Find the affected area, water-quality advice, collection points and updates. A supply interruption and a warning about unsafe water require different responses.

2. **Protect safe drinking water**

   Prioritise drinking, food preparation, medicines and care needs. Use safe stored water. Keep water of uncertain quality separate and clearly labelled.

3. **Follow the specific warning**

   A boil-water notice, a do-not-drink notice and a do-not-use notice are different. Follow your supplier's exact instructions; boiling does not remove every contaminant.

4. **Arrange collection or delivery**

   Record who can collect supplies and how they will carry them. Contact the supplier early if disability, care needs or transport prevent collection.

5. **Protect hygiene**

   Wash hands after the toilet and before food. Sanitiser is a fallback for hands not visibly dirty. Keep toilet waste away from food; water-butt water is not drinking water.

6. **Check before normal use resumes**

   Follow the supplier's instructions for restoring use, including any flushing advice. Replenish stored water, clean appropriate containers and record what you learnt.

CHECK BEFORE BUYING



Water; clean food-grade containers; soap; toilet paper, gloves and waste bags. For baby feeding or water-dependent medical devices, agree a safe plan with your care team.

PLAN FOR YOUR HOME

Toilets: flush with non-drinking water only if appropriate. If sewerage fails, drains back up or you are told not to flush, stop.

If told to bag waste, seal it away from children and animals. Follow local disposal advice; never empty it into gardens or streams.

SAFETY REMINDER

Do not assume clear water is safe, or that boiling fixes chemical contamination. Do not mix water from an uncertain source into a drinking-water reserve.

IMAGINE THIS: SUPPLY LOSS OR SAFETY WARNING?

Hypothetical planning exercise. Imagine the taps stop at breakfast. A simple interruption calls for your stored supply and supplier updates. A warning that the water is unsafe needs the supplier's specific instructions, even if water still comes out.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

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Prepared away from home

A small everyday kit helps when the usual journey fails.

1. **Carry the essentials**

   Take a charged phone, tested cable and power bank, water, a familiar snack, a small torch and a weather-suitable layer. Add glasses and personal essentials.

2. **Keep a paper contact card**

   Record an agreed contact and destination. Keep private details secure. Download useful journey information before travelling; a charged phone cannot restore a failed network.

3. **Check before setting off**

   Use official travel information and staff advice. Plan for waiting outside, not just sitting in a warm vehicle. Use suitable footwear and allow for delays.

4. **Tell someone your revised plan**

   If you cannot return, send your location and safe alternative while communications work. Agree what happens if no message arrives by a particular time.

5. **Arrange authorised help at home**

   Confirm who may collect children under school procedures. Name a helper for dependent relatives and animals; do not assume a group-chat message has been received.

6. **Choose a safe alternative**

   Ask staff about safe routes or accommodation. Avoid flooded roads, unsafe shortcuts and long unfamiliar walks. Review the kit after using it.

CHECK BEFORE BUYING



Tested charger; small torch; water; snack; suitable shoes and layer. Include medicines needed for the time away, stored correctly.

PLAN FOR YOUR HOME

Children: keep school contact and collection permissions current.

At home: agree who checks relatives and animals.

Car journeys: see the weather kit on page 11.

SAFETY REMINDER

A home reserve, an everyday travel kit and an evacuation bag have different jobs. Carry what you can manage safely; follow official travel instructions.

IMAGINE THIS: THE LAST TRAIN IS CANCELLED

Hypothetical planning exercise. A short delay may mean waiting at a staffed station. A longer disruption may need safe overnight accommodation or a different authorised collector for children. Decide who needs to know before your phone runs low.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

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Cooking and keeping food safe

Plan for a different meal and a warming fridge.

1. **Choose a no-cook meal**

   Use food labelled ready to eat, clean utensils and safe water. Test the manual opener. Choose packs the household can finish rather than relying on unchilled leftovers.

2. **Check any alternative cooker**

   An existing gas hob may need powered controls or ignition. Follow its manual. Outdoor stoves and barbecues stay outdoors; indoor appliances need suitable design and ventilation.

3. **Keep the cold in**

   Keep fridge and freezer doors closed. Note when power failed. A closed fridge may stay cold for up to four hours; freezer estimates depend on fullness and conditions.

4. **Measure rather than guess**

   Normal fridge storage should be 5°C or below. FSA outage advice permits temporary storage below 8°C; food reaching 8°C or above needs using within four hours or discarding.

5. **Take extra care for vulnerable people**

   UK prolonged-outage advice says vulnerable groups should not eat chilled ready-to-eat food after four hours without power. Follow the linked guidance on page 18.

6. **Record, check and replenish**

   Keep a temperature and time record. Follow current official advice when power returns. Replace used food, check equipment and improve the next no-cook meal.

CHECK BEFORE BUYING



Opener; thermometer; ready-to-eat meals; clean utensils; drinking water. See the menu and matching quantities on pages 19-20.

PLAN FOR YOUR HOME

Cold-storage estimates: a full closed freezer may keep cold for 48 hours; about 24 hours if half full. These are estimates, not proof of safety.

Follow labels after opening tins or long-life milk.

SAFETY REMINDER

Never taste food to test safety. Keep raw and ready-to-eat food separate. Never bring a barbecue indoors; combustion equipment can cause carbon monoxide poisoning.

IMAGINE THIS: DINNER CANNOT WAIT FOR THE COOKER

Hypothetical planning exercise. A brief outage may only change tonight's meal. A longer outage makes food temperature and safe storage more important than saving every item. Have a ready-to-eat choice that needs neither heating nor chilled ingredients.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

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Power, batteries and keeping warm

Know what needs electricity and what works without it.

1. **Identify the powered essentials**

   List heating controls, pumps, phones, lighting and care equipment. Check the actual backup duration of essential devices with their supplier or care team.

2. **Test the light and charging kit**

   Use the actual torch, batteries, phone, power bank and cable together. Charge backups. Put a light where it can be reached in the dark.

3. **Plan your charging priorities**

   Keep a phone available for essential calls. Reduce screen brightness and use low-power mode. Assign someone to check updates so everyone is not draining their battery.

4. **Prepare a warm living space**

   Use suitable clothes and layers, blankets and a safe room. Keep the toilet route lit and clear. Arrange a warmer place to stay if the home cannot remain safe.

5. **Use the approved equipment**

   Follow operating and ventilation instructions. Generators stay outside, away from openings, with safe connections. Never improvise indoor combustion heating.

6. **Review when conditions change**

   Check care needs, warmth and available charge again if the outage continues. Follow official instructions. Use the first-response sheet on page 21.

CHECK BEFORE BUYING



Torch; correct batteries; tested power bank; radio; warm layers and blankets. Prioritise individual care equipment over general gadgets.

PLAN FOR YOUR HOME

Report a power cut:
105 in Great Britain.
03457 643643 in Northern Ireland.

Remember: a gas or oil boiler may still need electricity.

SAFETY REMINDER

Suspected carbon monoxide exposure: get into fresh air and seek urgent medical help. If someone becomes dangerously cold or essential care fails, do not keep waiting for power.

IMAGINE THIS: A CHARGED PHONE IS ONLY ONE PART OF THE PLAN

Hypothetical planning exercise. A short outage may be covered by your existing power bank. If the disruption lasts, you need a charging schedule and a way to hear updates without draining everyone's phone.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

Read the official guidance linked on page 18. Follow current local instructions and individual care plans. In immediate danger, call 999 or 112.

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Warnings and reliable information

Keep an update route that does not rely on Wi-Fi.

1. **Choose official sources**

   Bookmark your council, utility providers, Met Office and relevant flood service. Check the location, date and issuing organisation before acting on a shared screenshot.

2. **Prepare the radio**

   Use an FM battery or wind-up radio, as listed in Be Ready [1]. Tune it now, note useful stations and frequencies, and test its power supply.

3. **Understand the warning**

   Weather colours indicate impact and likelihood, not just a simple scale of bad weather. Read what the warning means for your location and travel.

4. **Read an Emergency Alert**

   UK Emergency Alerts warn of danger to life nearby. Read the message and follow its instructions when safe to do so; they are not a substitute for all local updates.

5. **Keep a short update log**

   Record confirmed facts, the action requested and the next check time. Separate rumours from instructions. Send concise messages rather than repeatedly checking every phone.

6. **Agree a fallback for no signal**

   Keep contacts and meeting arrangements on paper. Plan what happens if calls or messages do not connect. A charged handset cannot make a failed network work.

CHECK BEFORE BUYING



Battery radio; correct batteries; paper contact sheet; notebook and pen. Tune and test before relying on them.

PLAN FOR YOUR HOME

For each update, ask:
Who issued it?
Where does it apply?
When was it issued?
What must we do?
When is the next update?

SAFETY REMINDER

Do not treat an undated screenshot or forwarded message as current official advice. Follow instructions for your location and hazard; avoid passing on unverified claims.

IMAGINE THIS: A MESSAGE ARRIVES IN THE FAMILY CHAT

Hypothetical planning exercise. An alarming screenshot without a date is shared as local news. Before changing your plan, check the issuing organisation, location and time. If networks fail, use the paper contacts and radio already prepared.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

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Care needs and medicines

Build the plan around the person, with their consent.

1. **Ask what matters most**

   Record communication, mobility, continence and personal-care needs. Include language, hearing or visual support. Agree access and consent with helpers.

2. **Make a medicine record**

   List names, doses, timing, allergies, GP and pharmacy. Order through normal arrangements in good time; discuss emergency needs with the pharmacist rather than stockpiling.

3. **Check equipment backups**

   Record the model, power or water needs, actual battery duration and supplier. Ask when help must be sought and who can charge or replace the backup.

4. **Plan for a missed care visit**

   Confirm an appropriately skilled helper, instructions and access. Keep a printed care plan, provider details and person-specific warning signs where authorised helpers can find them.

5. **Arrange additional support**

   Be Ready highlights free PSR registration [1]. Check eligibility at thepsr.co.uk, including households with under-5s. In Northern Ireland, ask about Customer Care Registers. Keep a backup plan.

6. **Check an alternative place**

   Confirm transport, accessible toilet, power and room for equipment. Keep glasses, hearing-aid batteries, chargers and instructions ready. Review whenever needs change.

CHECK BEFORE BUYING

Printed care plan; medicine list; prescribed backups; glasses/hearing-aid supplies; accessible contacts. Follow storage and expiry instructions.

PLAN FOR YOUR HOME

Chilled medicines: ask the pharmacist about that specific product's permitted time and temperature outside a fridge.

999 BSL: check the video relay service beforehand; connectivity is needed.

SAFETY REMINDER

Do not apply food-storage rules to medicines, change prescribed doses or use unapproved equipment backups. Seek urgent help according to the care team's plan.

IMAGINE THIS: THE USUAL CARE VISIT CANNOT HAPPEN

Hypothetical planning exercise. A short delay might be covered by an agreed helper. A longer interruption needs a care-team plan for medicines, equipment and essential support. A general household kit cannot replace that individual plan.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

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First aid and fire: act promptly

Learn the actions and keep emergency access clear.

1. **Recognise an adult cardiac arrest**

   If unresponsive and not breathing normally, including gasps, call 999/112 and start CPR. Use speakerphone and follow the call handler. Ask someone to fetch an AED.

2. **Give CPR and use the AED**

   Press the centre of the adult chest 5-6 cm deep, 100-120 times/minute, allowing recoil. If trained, use 30 compressions and two breaths; otherwise keep compressing. Follow AED prompts.

3. **Control heavy bleeding**

   Call 999 for heavy bleeding. Apply firm direct pressure with a dressing or clean cloth. Do not remove embedded objects: press around them. Clean and dress minor cuts after bleeding stops.

4. **Cool a thermal burn**

   Cool with cool running water for 20 minutes. Remove nearby jewellery or clothing unless stuck. Lay cling film over the burn, without wrapping a limb. No butter, oils or creams.

5. **Prepare a safe fire escape**

   Test alarms and check replacement dates. Keep exits clear, keys accessible and help arrangements agreed. Close internal doors at bedtime. Know your block of flats' fire plan.

6. **Act if fire starts**

   Leave by a safe route, stay out and call 999. Do not collect a bag or return for animals. If trapped, close the door, reduce smoke entering and tell 999 exactly where you are.

CHECK BEFORE BUYING



Usable dressings, plasters, gloves and bandages; torch; suitable alarms. Book practical first-aid training and locate an accessible AED.

PLAN FOR YOUR HOME

Children and infants: CPR differs; learn it if you care for children.

Burns: seek urgent assessment for large, deep, electrical, chemical, facial or genital burns. Chemical burns need specific advice.

SAFETY REMINDER

Never put water on burning oil. Follow emergency-service instructions. A booklet supports preparation; in an emergency follow the call handler and get appropriate medical help.

IMAGINE THIS: HELP NEEDS TO FIND THE RIGHT DOOR

Hypothetical planning exercise. Imagine calling an ambulance after dark with a flat phone nearly out of charge. Clear address details, accessible instructions and an unobstructed route help responders reach you.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

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Storms, flooding and getting cut off

Do practical jobs before conditions become unsafe.

1. **Read the local warnings**

   Check Met Office and the official flood service for your UK nation. Include surface-water risk where available. Plan safer destinations and routes to higher ground.

2. **Secure and charge early**

   Secure bins, furniture and lightweight covers. Check gates and shelters, charge devices and review supplies. Avoid parking beneath vulnerable trees where practical.

3. **Prepare for flooding**

   Move key documents, medicines and valuables higher up early. Fit appropriate protection before access becomes unsafe. Arrange help for children, animals and anyone needing support.

4. **Avoid dangerous routes**

   Postpone non-essential travel and follow warnings. Never walk or drive through floodwater. Do not repair storm damage during the storm or move fallen trees near cables.

5. **Plan if the road stays blocked**

   A safe home can still lose access to care, shopping and prescriptions. Tell the relevant people and arrange support before water or medicine runs low.

6. **Recover with appropriate checks**

   Keep away from damaged cables and weakened structures. Ask insurer and council about access, drying and waste. Get flood-affected electrics checked before restoring use.

CHECK BEFORE BUYING



Winter car kit: torch; suitable shoes; dry layers and blanket; water and food; correct charger; high-visibility clothing; first aid; suitable snow shovel.

PLAN FOR YOUR HOME

Before essential travel: check route, forecast and road advice. Allow sufficient fuel or charge for delays.

Smallholding: map shut-offs, shelters, feed and pump dependencies.

SAFETY REMINDER

Only isolate utilities if safe. Never operate electrical switches while standing in water or enter a flooded cellar. Leave promptly when instructed; immediate danger: 999.

IMAGINE THIS: A FALLEN TREE BLOCKS YOUR USUAL ROUTE

Hypothetical planning exercise. If the road reopens quickly, home supplies may cover the delay. If the area stays cut off, you need food, medicine and contact plans that do not rely on a same-day delivery.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

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Stay inside, or leave?

The right response depends on the hazard and instructions.

1. **Identify the immediate danger**

   Fire or smoke inside: leave safely, stay out and call 999. Suspicious item or explosion: move away where safe, do not approach debris and call 999.

2. **Follow the instruction for the incident**

   For floods, chemical releases or radiation, follow the location-specific shelter or evacuation advice. A basement is not a universal safe place; floodwater can make it dangerous.

3. **If told to shelter inside**

   Close windows, doors and vents and switch off equipment drawing outside air when instructed. Bring animals already with you inside if safe. Follow updates on when to leave.

4. **Agree two destinations**

   Choose a nearby meeting point and an alternative outside the immediate area. Check transport, accessible care and animal arrangements. Name a contact who can pass on information.

5. **Keep essentials ready**

   Prepare the manageable bag on page 25. List daily-use items to add if time permits. Ask the council about evacuation-centre arrangements and whether animals can attend.

6. **Protect your documents**

   Keep secure originals, waterproof copies and encrypted digital backups. Include identity, insurance, care and animal records. Tell a trusted person how to locate essentials.

CHECK BEFORE BUYING



Document copies; medicine list; accessible bag; keys; weather layers; phone and tested charger. Never delay escape from fire to gather belongings.

PLAN FOR YOUR HOME

Radiation incident: follow official shelter advice; stay away from outer walls when instructed. Do not self-evacuate contrary to advice.

Flooding: avoid cellars and floodwater.

SAFETY REMINDER

Never use outdoor combustion equipment indoors. Do not take iodine or other protective treatments unless directed. Do not keep passwords or banking security codes in an accessible bag.

IMAGINE THIS: YOUR FIRST-CHOICE MEETING POINT IS INACCESSIBLE

Hypothetical planning exercise. An evacuation may make your nearby meeting point unsafe or unreachable. Agree a second place outside the immediate area, plus a contact who can pass on information. Follow current official instructions.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

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Animals need their own plan

Food, water, safe access and accommodation all count.

1. **Count each animal group**

   Our two Cane Corsos and the other animals have different needs. Record daily feed, water, medicines and bedding separately for dogs, cats, poultry and livestock.

2. **Measure the normal routine**

   Measure feed and water over several ordinary days. Multiply by the chosen period and allow for spillage. Avoid abrupt diet changes; ask your vet about health-related needs.

3. **Prepare handling and identification**

   Keep suitable leads, carriers and handling equipment ready. Check microchip and identification details. Keep a photograph, veterinary records and contact numbers accessible.

4. **Name a backup carer**

   Agree access, written feeding instructions and consent. Include safe restraint and medication instructions. Confirm a second helper if your usual carer cannot reach you.

5. **Choose a safe destination**

   Check that accommodation really accepts the animals and can meet their care needs. Plan transport and separation from unfamiliar animals. Do not assume an evacuation centre allows pets.

6. **Review poultry and livestock systems**

   Map pumps, ventilation, incubators, electric fencing and shelter dependencies. Arrange approved backups with suppliers or vets. Follow current animal-health and movement instructions.

CHECK BEFORE BUYING

Usual feed; separate animal drinking water; bowls; leads/carriers; bedding; medicines; veterinary contacts and records.

PLAN FOR YOUR HOME

Example, not a feeding recommendation: dogs normally using 1.2 kg of food/day need 8.4 kg for seven days. Use your own measured amount.

Store feed dry and protected from pests.

SAFETY REMINDER

Never return into a burning building for animals; tell firefighters where they are. Do not risk yourself entering floodwater. Veterinary and official animal-health advice takes priority.

IMAGINE THIS: AN ANIMAL CARER CANNOT REACH YOU

Hypothetical planning exercise. A brief delay needs someone who knows the feeding routine. A longer disruption needs a named backup, safe access and a destination that can actually accommodate your animals.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

Read the official guidance linked on page 18. Follow current local instructions and individual care plans. In immediate danger, call 999 or 112.

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Keep people steady and recover carefully

Share clear jobs, then rebuild routines safely.

1. **Make the immediate plan clear**

   Say what is confirmed, what is uncertain and when you will check again. Share updates, food and water jobs and safe checks on relatives. Avoid leaving everyone guessing.

2. **Keep familiar routines**

   Maintain meals, medicines, rest and children's routines where possible. Explain the next practical step calmly. Give people manageable tasks suited to their ability.

3. **Agree neighbour support**

   Swap contacts with consent and arrange safe check-ins. Ask what help is wanted; do not assume needs. Community support is useful but cannot replace urgent professional help.

4. **Check before resuming normal use**

   After flooding or damage, follow advice on utilities, buildings, water and food. Keep away from weakened structures and get appropriate checks before restoring equipment.

5. **Record loss and recovery jobs**

   Photograph damage where safe, keep receipts and contact your insurer. Ask the council about access, accommodation, drying and waste. Keep records of official instructions.

6. **Improve the household plan**

   Replace used supplies, recharge equipment and assign the three most useful changes. Put a review date in the diary and share helpful learning without exposing private details.

CHECK BEFORE BUYING

Paper log; insurer details; phone/camera; supplier contacts; replacement essentials. Keep a record of spending and advice.

PLAN FOR YOUR HOME

Support at any time:
Samaritans: 116 123.

Immediate danger:
999 or 112.

A routine check-in can help isolated neighbours, if agreed and safe.

SAFETY REMINDER

Returning power or an all-clear for one service does not establish that food, buildings or damaged electrical equipment are safe. Follow the checks for each hazard.

IMAGINE THIS: THE DISRUPTION ENDS, BUT THE WORK DOES NOT

Hypothetical planning exercise. Power returning does not mean food, electrical equipment or flood-damaged rooms are safe. A calm recovery plan prevents rushing back into ordinary routines before checks have been made.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

Read the official guidance linked on page 18. Follow current local instructions and individual care plans. In immediate danger, call 999 or 112.

BE READY FOR WHATEVER DISRUPTS YOUR DAY.

From drinking water and food supplies to warmth, lighting and first aid - find what your household needs in one handy Amazon list.

SHOP THE ESSENTIALS & GET PREPARED →

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Supply checklist: count and check

Record what is available, where it is and what is missing.



Count it · locate it · test it

Start with three days, the Be Ready target [1, page 18]. A tick means the item is available and usable. Build up gradually.

Household: ___ people. Planning period: ___ days. Animals / groups: _____
Store location(s): _____ Last checked: _____

Supplies	Amount / location / gap	Done
Drinking water: ___ people × ___ days × ___ L	_____	
Additional care, cooking and hygiene water	_____	
Animal drinking water	_____	
Ready-to-eat breakfasts, lunches and evening meals	_____	
Dietary needs; snacks; ready-to-feed baby formula	_____	
Usual animal food and medication	_____	
Manual tin opener and utensils	_____	
Torches / lamps, spare batteries, headtorch if useful	_____	
Power banks and compatible cables: tested	_____	
FM radio: tuned, tested and with power available	_____	
Warm layers, blankets, waterproofs	_____	
Safe cooking option and compatible fuel, if used	_____	
First aid supplies and essential medicines	_____	
Soap, bowl, sanitiser and cleaning supplies	_____	
Toilet paper, waste bags, gloves and toilet contingency	_____	
Menstrual supplies, nappies and personal care items	_____	
Smoke / CO alarms: working; dates checked	_____	
Leads, carriers, pet identification and vet contacts	_____	
Secure document copies and accessible care summary	_____	
Evacuation bag: manageable and up to date	_____	
Modest cash reserve; key access agreed	_____	

Priority gaps to deal with:
1. _____ Owner: _____ By: _____
2. _____ Owner: _____ By: _____
3. _____ Owner: _____ By: _____

Review supplies every six months, as Be Ready recommends [1]. Recheck sooner when household needs change; keep batteries and power banks charged.

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Your household emergency plan

Complete it together, then test the arrangements.



People + places + backup actions

Agree who does each task and when to ask for help. Keep copies accessible to authorised helpers.

Detail	Write it here
Address / postcode	_____
Directions, landmark and access for responders	_____
Meeting point nearby	_____
Meeting point outside the immediate area	_____
Primary contact outside the affected area	_____
Backup contact and number	_____
Who collects children / checks relatives	_____
Who helps with animals if we cannot get home	_____
Water stop tap location	_____
Electricity consumer unit location	_____
Gas emergency control location, if applicable	_____
Keys and authorised access arrangements	_____
Emergency supplies and document copies	_____
Radio station(s) and frequency / mode	_____
Care summary / essential equipment instructions	_____

If a service fails, our next step is...

Trigger	Agreed action / contact
Water supply unsafe or nearly exhausted	_____
Medical device backup becoming low	_____
Home becoming too cold or unsafe	_____
Normal carer / helper cannot arrive	_____
Road or route to the house blocked	_____
Animals cannot stay safely on site	_____

Who has a copy?

Household members: _____
Trusted helper / carer (with consent): _____
Last reviewed: _____ Next review: _____

Keep sensitive information secure. A public noticeboard can hold basic contacts and meeting points; detailed medical, financial and access information belongs in a protected place. Tell the right people how to find it.

Give the plan a real test. Ask another household member to locate the water, opener, torch and contacts using this sheet. Correct unclear locations. Keep the plan accessible, protect private details and make a fresh copy when contacts or care needs change.

BE READY FOR WHATEVER DISRUPTS YOUR DAY.

From drinking water and food supplies to warmth, lighting and first aid - find what your household needs in one handy Amazon list.

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UK contacts: keep a paper copy

Numbers should work for someone who cannot unlock your phone. Check local arrangements and review when details change.

Service	Number / route
Immediate danger: ambulance, fire or police	999 or 112 (UK)
Urgent health advice: England, Scotland, Wales	111; use the relevant national service
Urgent health advice: Northern Ireland	Local GP / GP out-of-hours; record below
Power cut: England, Scotland, Wales	105
Power cut: Northern Ireland	03457 643643
Emotional support: Samaritans	116 123, free, day or night
BSL emergency access	999bsl.co.uk / 999 BSL app; needs connectivity

Add the contacts that matter here

GP / pharmacy

Water supplier

Council emergency information

Insurer / policy reference

Veterinary practice

Neighbour / keyholder

Care provider / equipment supplier

TEST THIS SHEET

Ask another person to find the correct contact for a water outage using this page alone.
Keep address, postcode and access instructions on the household plan. Protect private information while keeping it accessible to authorised helpers.

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From drinking water and food supplies to warmth, lighting and first aid - find what your household needs in one handy Amazon list.

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Official advice to keep with your plan

Tap a numbered reference to open the official guidance.



Check · use · replace · recharge

Rotate food and water, replace used supplies and test batteries. Review contact and care plans whenever needs change.

Be Ready encourages three days of household readiness. Use the official advice alongside this guide's practical worksheets and everyday examples.

1. Be Ready: official household guidance and emergency checklist
2. Power cuts and communications
3. Water supply interruptions
4. Drinking Water Inspectorate: contamination and limits of boiling
5. UK CMOs: water and sanitation during a national outage
6. FSA: domestic food safety in a power cut
7. UK CMOs: warmth, combustion equipment and generators
8. UK CMOs: food and nutrition during a national outage
9. NHS: hypothermia
10. NHS: carbon monoxide poisoning
11. UK Emergency Alerts: how they work
12. Met Office: understanding weather warnings
13. Ofgem: Priority Services Registers
14. 999 BSL: emergency video relay
15. St John Ambulance: adult CPR
16. NHS: cuts, grazes and severe bleeding
17. NHS: burns and scalds
18. Home Office: home fire safety
19. Be Ready / former Prepare guidance: storms
20. Be Ready / former Prepare guidance: flooding across the UK
21. Be Ready / former Prepare guidance: hazardous substances and radiation
22. UKHSA: radiation emergencies, pets and protective action
23. RSPCA: animals during floods
24. Samaritans: support at any time
25. NHS: urgent medical help and national service links
26. NHS Gateshead: hand hygiene
27. ESB Networks: safe generator connections
28. Police: immediate danger and reporting

Also. Food Standards Scotland: food safety in power cuts

Cabinet Office: household preparedness advice (tap to read).
Official starting point: GOV.UK/BeReady
References inform this independent guide; they do not imply government endorsement.

Offline copy: Print the guidance your household specifically depends on before an outage.

Also: Resuscitation Council UK - adult basic life support (2025)

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Three days of meals without cooking

Example for two adults. Adjust portions, ingredients, textures and snacks to your household. This is a practical menu, not a prescribed diet.

Day	Breakfast	Lunch	Evening meal
1	Cereal, small long-life milk carton, fruit	Peanut butter on oatcakes; fruit	Ready-to-eat chickpeas, sweetcorn and tuna; crackers
2	Cereal, milk, fruit	Ready-to-eat baked beans; crackers	Tinned mackerel, ready-to-eat peas and carrots; oatcakes
3	Cereal, milk, fruit	Peanut butter on oatcakes; fruit	Ready-to-eat mixed beans, sweetcorn and tuna; crackers



Familiar portions



Ready to eat



Finish opened packs safely

1. TRY A WHOLE MEAL

Serve it with your outage utensils. Check portions, taste, opener and labels. Dried beans, uncooked rice and ordinary dried pasta are not ready-to-eat substitutes. Keep drinking water separate.

2. ADD FAMILIAR SNACKS

Include suitable nuts, dried fruit, cereal bars or crackers. Add more familiar food if these portions leave anyone hungry. Check allergies, dietary restrictions and swallowing needs.

3. CHOOSE SUITABLE SUBSTITUTES

No nuts: use a familiar allergy-safe filling. No dairy: choose suitable small long-life plant drinks. Vegetarian: replace fish with ready-to-eat pulses. No oatcakes: try crackers, crispbread or available bread. Check every label.

AVOID THE LEFTOVERS PROBLEM

Finish small packs at one sitting where possible. Opened long-life milk and many tins need refrigeration: follow the label. Do not plan to keep leftovers at room temperature for the next meal.

Our preferred substitute: _____

Use the matching quantities on page 20. For four adults, double that example; use familiar portions for children rather than a fixed adult fraction.

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The meal-plan cupboard checklist

Example quantities for the two-adult menu on page 19. Count what you already own, then buy only the gap. Check pack sizes and drained portions.

Tick	Item / example quantity	Job in the menu
[ ]	Cereal: 360 g	Six 60 g breakfasts
[ ]	Long-life milk: six 200 ml cartons	One per adult per breakfast
[ ]	Peanut butter: at least 160 g	Four 40 g lunches; allergy-safe alternative if needed
[ ]	Oatcakes / crackers: about 800 g	Lunches and dinners; adjust to appetite
[ ]	Baked beans: two 400 g tins	Day 2 lunch
[ ]	Chickpeas + mixed beans: one 400 g tin each	Days 1 and 3 dinners; tin weight includes liquid
[ ]	Tuna: four small tins; mackerel: two	Two tuna meals and one mackerel meal
[ ]	Sweetcorn: two small tins; peas + carrots: one each	Dinner accompaniments
[ ]	Fruit: ten adult portions	Breakfasts and days 1 / 3 lunches
[ ]	Snacks: twelve suitable portions	Two snack portions per adult per day
[ ]	Opener, bowls, spoons, rubbish bags	Test the opener on a real tin

1. USE

Choose the oldest suitable stock.

2. NOTE

Add the used quantity to your shopping list.

3. REPLACE

Buy the gap at the next normal shop.

USE FIRST, THEN REPLACE

Keep the oldest suitable food at the front. Check dates and storage instructions. After a meal, add used ingredients to the ordinary shopping list.

TRY BEFORE BUYING BULK

A 400 g tin includes liquid. Check actual servings. Eat one pack before buying a case of unfamiliar food. Choose portions the household can finish.

Substitutions / missing items: _____

_____

Check labels for safe use cold, allergens and storage after opening. Bread, fresh fruit or other suitable familiar food can replace some

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The power has gone off.

Here is what to do next.

Keep this page with your torch, so you can use it without the internet.

1

CHECK SAFETY FIRST

Use a torch. Check immediate danger and urgent care needs. If essential medical equipment loses power, use the agreed care plan immediately and seek urgent help where needed.

2

NOTE THE TIME & REPORT IT

Write down when the outage began. Check whether neighbours are affected if safe. Contact your electricity network operator using the numbers alongside.

3

MAKE THE HOME SAFE

Turn off cooking appliances. Unplug sensitive equipment where safe; leave one light on to show when power returns. Keep fridge and freezer doors shut.

4

SETTLE IN FOR THE EVENING

Use warm clothes, blankets and no-cook food. Light the route to the toilet. Check on people who need help. Send a short update; save phone charge and use your radio.

5

REVIEW IF IT CONTINUES

Check warmth, water, medicines and care needs again. Follow official instructions. Arrange help or a safer place to stay if the household cannot remain safely at home.

6

CHECK WHEN POWER RETURNS

Check appliances and food storage conditions. Recharge equipment, replace used supplies and record what needs changing. Do not assume the return of electricity makes food safe.

KEEP THESE TO HAND



Torch Radio Power bank

POWER-CUT CONTACTS

105 Great Britain

NI: 03457 643643

MORE THAN THE LIGHTS

Heating: boilers may need power.

Phones: routers and digital landlines may fail.

Access & water: lifts, entry systems and pumps may stop. Agree safe backups beforehand.

NO INDOOR BARBECUES

Keep generators outside, away from openings. Use equipment as instructed. Suspected carbon monoxide exposure: get into fresh air and seek urgent medical help.

IMAGINE THIS: THE RESTORATION TIME SLIPS

Hypothetical example: an outage expected to last an hour continues overnight. Review warmth, charging and essential care as new information arrives. Do not wait for supplies to run low or care arrangements to become unsafe.

YOUR NEXT STEP

Who checks updates? _____ Who checks on others? _____

Who will you contact if home becomes unsafe? _____

Food safety: time alone cannot establish safety. Use the food-safety page and linked FSA guidance; never taste food to test it. In

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From drinking water and food supplies to warmth, lighting and first aid - find what your household needs in one handy Amazon list.

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Turn the water target into bottles

Choose a reserve people can actually lift and use.

1. **Calculate drinking water**

   Use people × days × 3 litres for this guide's drinking allowance. Two adults for three days need 18 litres; four 5-litre bottles give 20 litres.

2. **Choose the broader allowance if needed**

   People × days × 10 litres includes drinking, basic cooking and hygiene. Two adults for three days gives 60 litres total, not 60 litres plus the drinking target.

3. **Add the separate needs**

   Record animal drinking water and additional baby or care requirements separately. Ask the care team about water-dependent equipment and any prescribed fluid restrictions.

4. **Check the containers**

   Choose manageable sealed bottles or clean food-grade containers for collection. One litre weighs about one kilogram plus the container. Try lifting and pouring safely.

5. **Spread accessible storage**

   Record litres and dates in each location. Follow storage instructions, keep away from heat and sunlight, and do not overload unsuitable shelves or block escape routes.

6. **Arrange the next supply**

   Count what is already stored and calculate the gap. Build gradually, replace what you use and arrange collection, delivery or help if an interruption outlasts the reserve.

CHECK BEFORE BUYING



Sealed manageable bottles; clean food-grade collection containers; labels and pen. Check storage space before buying the full quantity.

PLAN FOR YOUR HOME

Two adults / three days:
Drinking: 18 L.
Four 5 L bottles: 20 L.

Broader target: 60 L total.
Twelve 5 L bottles: 60 L.

See page 3 for other household sizes.

SAFETY REMINDER

These are storage allowances, not medical drinking targets. Do not reuse chemical or fuel containers. Label non-drinking water separately; follow supplier safety warnings.

IMAGINE THIS: THE LARGEST BOTTLE IS HARD TO LIFT

Hypothetical planning exercise. A large reserve is useful only if people can access and carry it. Divide the total into manageable containers and locations; keep dates visible and do not block escape routes.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

Read the official guidance linked on page 18. Follow current local instructions and individual care plans. In immediate danger, call 999

BE READY FOR WHATEVER DISRUPTS YOUR DAY.

From drinking water and food supplies to warmth, lighting and first aid - find what your household needs in one handy Amazon list.

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Prepare on a budget: buy for a gap

Useful preparation starts with checking, not spending.

1. **Do the free jobs first**

   Gather existing lights, opener, blankets and contacts. Inventory food, water and batteries. Check that someone else can find and use the essentials.

2. **Put urgent care needs first**

   Make the individual backup arrangements for medicines, powered devices and essential help. A generic shopping order must not override a care plan.

3. **Fix the first practical gap**

   For many homes this is usable light, the correct batteries or safe water. Choose the smallest purchase that makes a real task possible.

4. **Build a familiar food reserve**

   Buy suitable ready-to-eat food through ordinary shopping. Try one meal before buying multiples. Check portions, allergies, opener and storage after opening.

5. **Check the whole cost**

   Include batteries, compatible cables and consumables. Compare with a working item you already own. Separate an essential gap from a convenience or comfort purchase.

6. **Set the limit and record progress**

   Write a spending cap before browsing. Record item, reason, cost and remaining budget. Replenish used supplies and review what is still missing.

CHECK BEFORE BUYING



Buy only the next confirmed gap. Existing blankets, food and a working torch may already meet the need. A higher price does not prove a better fit.

PLAN FOR YOUR HOME

Before buying, ask:
What job will it do?
Do we own an alternative?
Is it compatible?
Who can use it?
What will it cost to maintain?

SAFETY REMINDER

No particular amount buys a complete kit for every household. Avoid buying unfamiliar food in bulk, untested charging equipment or products that cannot be used safely at home.

IMAGINE THIS: YOUR SPENDING LIMIT IS SMALLER THAN THE WISH LIST

Hypothetical planning exercise. A free job such as finding and testing a torch can remove a real gap. A costly gadget may add nothing if you already have a usable alternative. Essential care needs take priority over a generic shopping order.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

Read the official guidance linked on page 18. Follow current local instructions and individual care plans. In immediate danger, call 999 or 112.

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Make a small home work

Store things where they are useful, not in one giant box.

1. **Put a light within reach**

   Keep a torch, glasses if needed, shoes and paper contacts by the bed or an accessible place. Make sure it can be reached without a stair journey.

2. **Use a practical kitchen space**

   Keep ready-to-eat meals, a tested opener and manageable drinking-water bottles together. Make dates visible and protect food from heat, damp and pests.

3. **Keep care essentials accessible**

   Store medicines as instructed and keep authorised helpers' instructions available. Separate daily-use items from duplicates and label their locations.

4. **Give the bag a clear home**

   Keep the evacuation bag and weather layers accessible. Store animal leads or carriers separately ready. Do not block doors, stairs or shared escape routes.

5. **Map the locations**

   Write where lights, batteries, water, food, care supplies and documents are kept. Ask another person to find three essentials without your help.

6. **Review shared-building arrangements**

   Ask the landlord or building manager about lifts, entry systems, water pumps and the fire plan. Review storage when household needs or accommodation changes.

CHECK BEFORE BUYING



Labels; suitable small containers; accessible torch; compact familiar supplies. Do not buy storage boxes until you know the quantities and locations.

PLAN FOR YOUR HOME

A useful location map:
Bedside: light and contacts.
Kitchen: food and opener.
Care area: instructions.
Bag location: weather essentials.
Separate: pet handling kit.

SAFETY REMINDER

Keep fire doors, corridors and communal cupboards clear. Follow product storage instructions. Do not overload shelving or assume communal systems will keep working in a power cut.

IMAGINE THIS: YOU SHARE A FLAT AND CANNOT USE A SHED

Hypothetical planning exercise. A small home can use several labelled locations rather than one large box. Shared routes, fire doors and communal cupboards must remain clear; ask the building manager about local arrangements.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

Read the official guidance linked on page 18. Follow current local instructions and individual care plans. In immediate danger, call 999 or 112.

BE READY FOR WHATEVER DISRUPTS YOUR DAY.

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Pack a bag you can actually carry

For planned or instructed evacuation; fire escape comes first.

1. **Start with personal essentials**

   Include prescribed medicines and a list, glasses or hearing aids and key care instructions. Follow medicine storage advice and normal supply arrangements.

2. **Add communication and documents**

   Pack phone, tested charging cable and power bank, paper contacts and document copies. Keep sensitive originals and digital records secure.

3. **Cover the immediate practical needs**

   Include a torch, small radio if useful, some drinking water and familiar ready-to-eat food. Your full home water reserve is not a bag you must carry.

4. **Choose weather and hygiene items**

   Use suitable footwear, warm layers and waterproofs. Add essential toiletries, keys and modest cash. Choose what suits the person and expected destination.

5. **Plan for dependants and animals**

   Include baby, disability and animal requirements. Check destination, care access and transport in advance. Keep suitable leads and carriers separately ready.

6. **Test the weight and fit**

   Carry the bag a safe short distance and adjust it. Arrange assistance where needed. Label its location and list daily-use items to add if time permits.

CHECK BEFORE BUYING



Suitable bag; personal care essentials; documents; tested charger; torch; manageable water; weather layers. Review the contents after use and as needs change.

PLAN FOR YOUR HOME

Agree beforehand:
Who carries each bag?
Who helps with mobility?
How will animals travel?
Where can we stay?
Which items are added last?

SAFETY REMINDER

If escaping a fire, leave immediately without collecting belongings. Never let a packed bag delay escape. Do not store full passwords or banking security codes in it.

IMAGINE THIS: THE PACKED BAG IS TOO HEAVY

Hypothetical planning exercise. A bag that works on a list may fail on the stairs. Try carrying it safely over a short distance before relying on it. Adjust for mobility, children and the person actually carrying it.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

Read the official guidance linked on page 18. Follow current local instructions and individual care plans. In immediate danger, call 999 or 112.

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Try one evening, then fix the gaps

A safe practice finds problems while help is still available.

1. **Agree a safe practice**
   Tell everyone it is an exercise, choose a finish time and stop if anyone is uncomfortable. Keep medical equipment, alarms, refrigeration and essential heating running.
2. **Use the real equipment**
   Find and use the torch, opener, radio and charging cable. Serve one no-cook meal. Read the paper plan rather than relying on memory or your phone.
3. **Check the ordinary routines**
   Can everyone move safely, find the toilet and reach glasses or medicine instructions? Can a helper locate the supplies and correct provider number?
4. **Record the gaps**
   Write what failed, what was missing and what was difficult. Separate urgent care or safety needs from small convenience improvements.
5. **Assign the next three fixes**
   Name a person and completion date for each change. Replace used food and batteries, recharge equipment and correct outdated contact details.
6. **Book maintenance and another test**
   Be Ready suggests a six-month supply review [1]. Check dates, batteries, contacts and care plans. Follow equipment instructions; replace used supplies sooner.

CHECK BEFORE BUYING



Only the gaps the practice reveals: correct cable, missing batteries or replacement food. Check packaging, compatibility and instructions before shopping.

PLAN FOR YOUR HOME

Check regularly:
Alarms and batteries.
Food and water dates.
Phone/power-bank charging.
Contacts and care plans.
Bag fit and daily-use list.
Animal needs and helpers.

SAFETY REMINDER

Do not turn off mains power, gas or water to make the exercise realistic. Do not create a cold home or interrupt essential care. A safe simulation is enough.

IMAGINE THIS: THE TEST FINDS A MISSING CABLE

Hypothetical planning exercise. Finding a gap during a safe practice is a success: you can fix it before an incident. Record what failed, who will fix it and when you will try again. Keep essential services running throughout.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

Read the official guidance linked on page 18. Follow current local instructions and individual care plans. In immediate danger, call 999 or 112.

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Start here: your first seven days

One manageable job a day. Work at your own pace.

1 **Day 1: light**

Find the torch, test it and put correct spare batteries beside it. Everyone should know where it lives and be able to use it.

2 **Day 2: water**

Calculate the target on page 3, count safe stored water and choose manageable storage. Record the gap and how you will build the reserve.

3 **Day 3: food**

Try a meal from page 19. Check portions, labels, opener and utensils. Use page 20 to list only the ingredients still missing.

4 **Day 4: contacts**

Complete the household plan and contacts on pages 16-17. Agree meeting points, backup helpers and the response if calls do not connect.

5 **Day 5: power and news**

Test the phone with its power bank and actual cable. Tune the radio and write down a useful station and frequency.

6 **Day 6: personal needs**

Check medicines, care, children, pets and support arrangements. Confirm the right people know their jobs and can find the instructions.

7 **Day 7: practise**

Use page 26 for a safe evening exercise. Leave essential services running. Assign missing items and improvements to a person and a date.

CHECK BEFORE BUYING

Use what you own first. Set a limit for the remaining gaps. Existing blankets, ordinary food and a working torch may already cover several needs.

PLAN FOR YOUR HOME

Keep going:
Missed a day? Resume the next useful job.

Share jobs by ability and time.

Tick only when the item works or the arrangement is agreed.

SAFETY REMINDER

If someone depends on powered medical equipment or essential care, arrange that backup first. The seven-day order is a prompt, not a reason to delay urgent needs.

IMAGINE THIS: YOU MISS A DAY OF THE STARTER PLAN

Hypothetical planning exercise. The timetable is a prompt, not a test. Continue with the next useful job when you can. If essential care needs are urgent, bring those arrangements forward instead of following the order rigidly.

YOUR NEXT STEP

Action: _____

Who: _____ By when: _____

Read the official guidance linked on page 18. Follow current local instructions and individual care plans. In immediate danger, call 999 or 112.

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What is the first thing you are getting sorted?
Tell us what you tried, what worked and what you changed. A small practical result can help someone else get started.

PASS THE GUIDE ON

Share the complete PDF with someone who would find it useful. Invite them to the group so they can ask questions and keep building their plan.

ABOUT THE AUTHOR

Written by **East Sussex Smallholders Ltd**. Follow our Facebook page for smallholding life, poultry and practical ideas.
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Being prepared is perfectly normal. One useful step at a time. Zoe x

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