ILLUSTRATED EDITION / UNITED KINGDOM

UK Household Emergency Handbook

A practical 72-hour plan for everyday disruption

FREE VISUAL SAMPLE



72

HOURS AS A STARTING POINT
Build a practical plan for the people you care for.

65 PAGES | 13 VISUAL GUIDES | 10 WORKSHEETS

Independent handbook in British English. Sources checked 4 November 2026.
Illustrative AI-created item image; not a complete quantified kit.

Use current official instructions in an emergency.

Start in 20 minutes

Four small steps that make the rest easier.

1 0-5 minutes



WRITE

Your address, postcode and two trusted contacts.

2 5-10 minutes



FIND

A working torch, keys, medicines and a warm layer.

3 10-15 minutes



CHECK

Drinking water, no-cook food and personal supplies.

4 15-20 minutes



AGREE

A safe meeting place and a check-in with someone you trust.

Start with what you own. If someone depends on powered medical equipment, arrange the clinical backup plan first.

Build your kit in six groups

Recognise the basics, then add your personal needs.



AI-generated illustrative selection. Use the planning pages for quantities and personal needs.

1 Drinking water

Calculate for your household; this image does not show a full reserve.

2 Food + opener

Choose ready-to-eat food and a usable manual tin opener.

3 Light

Test the torch. Protect spare batteries as the manufacturer directs.

4 Information + charge

Test the radio, charging lead and phone power bank.

5 Warmth

Keep familiar layers and blankets within reach.

6 Health + hygiene

Add your medicines, care supplies and personal hygiene items.

Sources: S03 S32

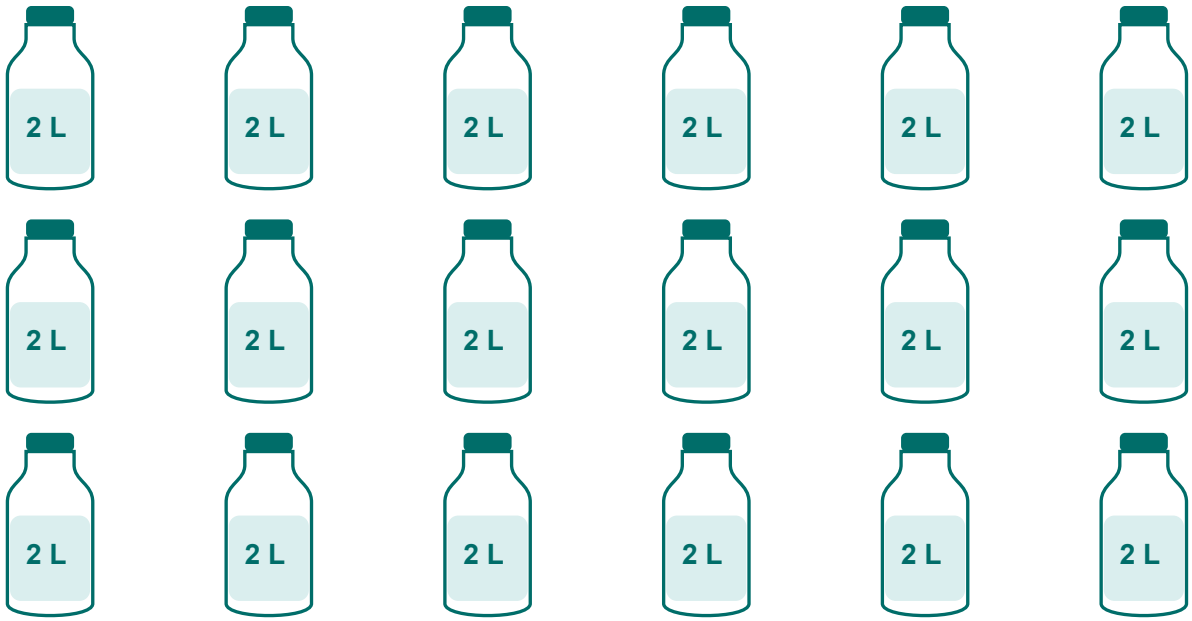
Sample cross-references refer to the full handbook.

See what 36 litres looks like

A drinking-water example for four people over three days.

4	x	3 L	x	3
people		per person / day		days

18 bottles x 2 litres = 36 litres



36 L

Drinking-water baseline
for four people over three days

Add separately for pets, cooking, washing and care needs. This is a storage calculation, not an instruction to drink a fixed volume. Follow clinical advice and a suitable infant-feeding plan.

Sources: S02 S03

Sample cross-references refer to the full handbook.

Make meals without the cooker

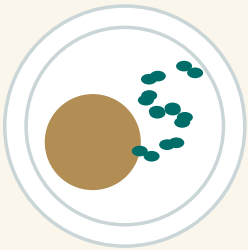
Build a fallback that does not depend on hot water.



BREAKFAST

Cereal + suitable long-life milk + fruit

Use small packs where opened food cannot be kept chilled.



LUNCH

Ready-to-eat pulses + oatcakes + fruit

Check the label: the food must be safe without further cooking.



EVENING MEAL

Ready-to-eat fish or plant alternative + vegetables + crackers

Choose familiar foods and appropriate portions. Adapt for dietary needs.

Illustrative adult meals, not a nutrition prescription. Adjust portions, allergies, religion and prescribed diets. Infants and swallowing difficulties need a separate plan.

Pack a bag you can manage

A light bag for leaving; the main reserve stays at home.



AI-generated illustrative selection. Use the planning pages for quantities and personal needs.

1 Manageable food + water

Carry what you can safely manage; leave the full home reserve at home.

2 Torch

Keep light easy to find without emptying the bag.

3 Warm layer

Choose suitable clothes and footwear for the conditions.

4 Documents + personal care

Keep contacts and essential care information together.

5 Charge

Pack a tested cable and charged power bank.

6 Last-minute essentials

Keys, glasses, medicines and access aids, if immediately available.

Sources: S32 S17 S25

Sample cross-references refer to the full handbook.

The fridge action card

Keep this easy to see. Do not put passwords, cash locations or detailed medical records here.

Address, postcode, flat / floor and access information

Household contact and backup contact: names and numbers

If...	Do this first
Someone is in immediate danger	Move to safety if possible. Call 999 or 112.
Power fails	Use a torch. Check essential care. Report via 105 (GB) or 03457 643 643 (NI).
Flooding threatens	Follow official instructions. Stay out of floodwater.
You must leave now	Leave promptly. Take essentials only if immediately available.
You cannot call each other	Use the agreed safe check-in or meeting plan.

Our safe meeting place and backup

Torch / grab bag / private care-plan locations

Completed by / last checked / next review

Gas emergency: GB 0800 111 999 | NI 0800 002 001. Check current official advice; this card does not replace it.

Make the plan your own

This sample comes from the full handbook and companion workbook.

The complete pack includes

The illustrated edition adds thirteen visual explainers, including kit photographs, exact water quantities, practical flow charts and a 30-day calendar.

- A 65-page handbook in British English, with clickable contents and bookmarks.
- Practical action pages for power cuts, water interruptions, flooding, storms, heat, evacuation and recovery.
- Adaptations for children, older people, access needs, medicines, pets and different homes.
- A 12-page companion workbook containing ten printable, fillable planning sheets.

Independent and practical

This is a planning resource, not a live warning service or an official government publication. Follow current incident instructions and individual clinical advice. Three days is a starting point, not a guarantee of service restoration.

Free official guidance

S01 Cabinet Office: launch of the Be Ready campaign
https://www.gov.uk/government/news/households-encouraged-to-take-small-simple-steps-to-stay-prepared-in-an-emergency

S02 Be Ready: household preparedness checklist
https://beready.campaign.gov.uk/be-ready-for-emergencies/

S03 Be Ready: printable official checklist
https://beready.campaign.gov.uk/wp-content/uploads/sites/252/2026/10/Be-Ready-Checklist_English.pdf

S04 GOV.UK: Emergency Alerts and genuine messages
https://www.gov.uk/alerts

Sample edition dated 4 November 2026. Page cross-references in sample extracts refer to the full 65-page handbook. No purchase link is embedded in this sample.