UKPREPPER.ME EMERGENCY GO BAG

PRINTABLE CHECKLIST • Aim for a practical, portable 24–72 hour kit

Household / bag owner: _____	**Last checked:** _____
Meeting point / contact: _____	**Next review:** _____

1. WATER & FOOD

■ Drinking water (carry a manageable amount; store additional water at home)

■ Reusable water bottle

■ Water filter or purification treatment suitable for the intended source

■ Ready-to-eat food, energy bars, nuts or dried fruit

■ Any special-diet food, infant food or familiar snacks ■
Manual tin opener, if packing tins

Water treatment does not make every source safe. Avoid floodwater and follow official public-health advice.

2. FIRST AID & MEDICATION

■ Basic first aid kit: plasters, dressings, gauze and medical tape

■ Antiseptic wipes, disposable gloves, scissors and tweezers

■ Personal prescription medicines (in original packaging where possible)

■ Copies of prescriptions and a list of allergies / medical needs

■ Glasses, contact lenses, hearing-aid batteries or other essential aids

■ Appropriate over-the-counter medicines

3. CLOTHING & WEATHER PROTECTION

■ Waterproof jacket and, if useful, waterproof trousers

■ Warm layer, spare T-shirt, underwear and socks

■ Hat and gloves appropriate to the season

■ Comfortable, suitable walking footwear

■ Emergency foil blanket or compact sleeping bag / bivvy

4. LIGHTING, POWER & COMMUNICATIONS

■ LED torch or headtorch

■ Spare batteries (if required)

■ Charged power bank and phone charging cable

■ Battery-powered or wind-up radio

■ Whistle

■ Written list of useful local radio frequencies and emergency contacts

5. DOCUMENTS, MONEY & ESSENTIALS

- ■ Waterproof copies of key documents (identity, insurance and medical details)
- ■ Emergency contact list on paper
- ■ Small amount of cash in notes and coins
- ■ Spare house / vehicle keys, if appropriate
- ■ Notebook and pen
- ■ Hand sanitiser, wet wipes, tissues and toilet paper
- ■ Basic toiletries and any personal hygiene products
- ■ Face coverings, if useful for your circumstances
- ■ Bin bags / zip-lock bags and a small roll of duct tape
- ■ Multi-tool or other useful tool (check UK laws and restrictions before packing)

6. CHILDREN, PETS & ADDITIONAL NEEDS

- ■ Nappies, wipes, formula and feeding supplies, if needed
- ■ Children's spare clothes, snacks and comfort item
- ■ Pet food, water bowl, lead / harness or carrier
- ■ Pet medication and copies of vaccination details
- ■ Mobility, sensory, communication or other disability-related essentials
- ■ A recent photo of each household member and pet, stored securely

7. BAG SET-UP & HOUSEHOLD PLAN

- ■ Bag is comfortable to carry and not overloaded
- ■ Items are grouped in labelled / waterproof pouches
- ■ Frequently needed items are easy to reach
- ■ Every household member knows where the bag is kept
- ■ Evacuation routes and a meeting place have been discussed
- ■ Plan accounts for pets, children and anyone needing assistance
- ■ Know how to receive local emergency alerts and official instructions

REGULAR CHECK & ROTATION

- ■ Check food and medication dates; replace anything expired or used.
- ■ Recharge power banks; test torches and radio; check batteries.
- ■ Check clothing sizes, seasonal suitability and footwear.
- ■ Update contact details, document copies and household needs.
- ■ Review at least every six months and after any major household change.

Important: This is a general planning checklist, not a substitute for official instructions. In an emergency, follow directions from emergency services and local authorities. Adapt the contents to your location, health needs, household size, season and ability to carry the bag.

Notes / items specific to my household: