THE GOVERNMENT'S BE READY LIST, FOR A MUSLIM HOME

# THREE DAYS, READY. WUDU INCLUDED.

On 22 October 2026 the government asked every home in the UK to be ready to cope on its own for three days. This is its checklist, with what a home that prays five times a day adds. Tick as you go.

| | BE READY ASKS FOR | A MUSLIM HOME ADDS |
|---|---|---|
| **Water** | ☐ 3 litres per person per day for drinking, plus extra for cooking and washing | ☐ Water for wudu and istinja. Allow about 0.75 litres a wudu, three a day for each person who prays* |
| **Food** | ☐ Long-life food that needs no fridge and no cooking, that you normally eat | ☐ Halal tins and the food your family actually cooks; dates |
| **Hygiene** | ☐ Hygiene products | ☐ A lota or istinja bottle, wipes, period products |
| **Light and power** | ☐ A torch, spare batteries, a charged power bank | ☐ A head torch for Fajr and Isha; a power station for longer cuts |
| **Information** | ☐ A battery or wind-up FM radio | ☐ A printed prayer timetable from your masjid |
| **Warmth and shelter** | ☐ Blankets, sleeping bags, warm clothes | ☐ Prayer mats and a warm corner to pray in |
| **Money** | ☐ Cash in notes and coins, plus cards | ☐ Built from income, never on credit, with a little sadaqah set aside |
| **Documents and contacts** | ☐ Copies of important documents and contact details, including your medicines and doses | ☐ Your elders' medicines list, masjid contacts, your wasiyyah |
| **Health and care** | ☐ First aid, medicines, ready-to-feed formula, nappies, pet food | ☐ Care for elders and anyone who can't manage stairs |

## YOUR FAMILY'S NUMBERS

Our free family plan works out the water, food and power your household needs for three days, with the wudu water counted.

`muslimprepared.com/family-plan.html`

## AFTER THE THREE DAYS

Three days is the first rung. Then build to two weeks, then three months, a little at a time from what you already buy. Never on credit, and never by clearing the shelves: **"No one hoards but the sinner."** (Sahih Muslim 1605)

Check it every six months. **We do it when the clocks change.**

**Tie it, and trust.** (Jami' at-Tirmidhi 2517)

Left column: the government's Be Ready checklist, launched 22 October 2026 (beready.campaign.gov.uk). Right column: Muslim Prepared. *0.75 litres a wudu is our own planning figure, based on the Prophet (peace be upon him) making wudu with one mudd of water (Sahih al-Bukhari 201). Free to print and share.