

Calculate the value of your contents



This guide will help you work out how much contents insurance you need. Then we can help protect those things that matter to you.

When working out how much contents cover you need, you need to think about the possessions you own. Everything from your clothes, books and sheets, to your kitchen utensils and computers.

The 'sum insured' on your policy is the maximum amount you can claim. That's why it's so important to set the right figure. You should also check your policy wording to see what you are covered for.

If you are an existing customer, you might have calculated your contents when you took out your policy. But if you've purchased anything since then, it could be worth reviewing.

We've put together a list of contents that may be in your house. We recommend you go from room to room in your home and write down the approximate value of each item. Jewellery, antiques and fine art are more difficult to value – sometimes a professional valuation is required.

The total amount of all the items represents how much contents cover you need.

We will pay up to the sum insured as stated in your certificate of currency or less, subject to the terms and conditions of your contents wordings. Please refer to the detail of the terms, conditions and exclusions.

Any questions? We're here to help

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Major furnishings			Dining room	
Carpet, rugs			Dining suite	
Curtains, drapes, blinds			China, crystal, pottery	
Light fittings			China cabinet	
Total			Silverware	
Living room			Liquor	
Lounge suite			Other	
Stereo, radio			Total	
Wall unit			Master bedroom	
CDs, cassettes, records			Beds, pillows, mattress	
Television			Bedroom suite	
Bookcases			Dressing table	
Books, DVDs, games			Desks, chests	
Video, DVD player			Radios, stereo, TV	
Coffee tables			Other	
Other			Total	
Total				
Other bedroom			General	
Beds, pillows, mattress			Sewing machine, etc	
Bedroom suite			Linen, bedding, blankets	
Dressing table			Computer software	
Desks, chests			Garage fridge, freezer	
Radios, stereo, TV			Lawn mower, garden	
Other			appliances	
Total			Camping gear	
Other bedroom			Bicycles	
Beds, pillows, mattress			Tools, garden equipment	
Bedroom suite			Paintings, pictures	
Dressing table			Landline	
Desks, chests			Heaters, electric fans	
Radios, stereo, TV			Mirrors	
Other			Toys	
Total			Books	
Bathroom			Ladders, wheelbarrows	
Towels			Outdoor furniture	
Toiletries, cosmetics			Vacuum cleaner	
Medicines, first aid			Pram, pushchair	
Scales			Clocks	
Hair dryer, shaver			Other	
Other			Total	
Total				

Kitchen		Personal items	
Fridge, freezer		Clothing	
Dishwasher		Home computer	
Frozen food		Jewellery, watches	
Table and stools		Video camera	
Glassware, crockery		Footwear	
Pots, pans, bowls		Sports equipment,	
Microwave		sleeping bags	
Food processor		Watches	
Cutlery		Camera	
Fry pan, crock-pot		Bags, suitcases, wallets	
Rice cooker		Spectacles, sunglasses	
Utensils		Mobile phones	
Other electrical appliances		Total	
		You can now add together the category totals to work out the total value of your contents.	
Food mixer			
Coffee machine			
Radio			
Sandwich maker			
Jug, kettle			
Toasters			
Other			
Total			
Laundry		Summary	
Brooms, mops, buckets		Major furnishings	
Cleaning materials		Living room	
Clothes dryer		Dining room	
Iron		Master bedroom	
Ironing board		Other bedroom	
Washing machine		Other bedroom	
Other		Bathroom	
Total		Kitchen	
		Laundry	
		General	
		Personal items	
		Total	