

How to Prepare for a Power Cut: UK Household Checklist

Power cut preparation checklist — tick each item and write where you keep it.

Lighting checklist

- ☐ Buy at least one reliable LED torch.
- ☐ Buy spare batteries or rechargeable lighting.
- ☐ Consider buying an LED lantern.
- ☐ Test your lighting equipment periodically.
- ☐ Store your torches somewhere easy to find in the dark.

Where I store my torches and batteries:

Backup electricity checklist

- ☐ Buy a portable power bank.
- ☐ Fully charge your power bank.
- ☐ Keep suitable charging cables with it.
- ☐ Check and recharge your power bank periodically.
- ☐ Consider buying a portable power station.
- ☐ If you own a power station, keep it charged and stored according to the manufacturer's instructions.

Where I store my power bank and charging cables:

Where I store my portable power station (if applicable):

Communication checklist

- ☐ Buy a battery-powered or wind-up radio.
- ☐ Keep spare batteries if required.
- ☐ Test your radio periodically.
- ☐ Save the number 105 in your phone if you live in Great Britain.
- ☐ Know how to find updates from your electricity network operator.

Where I store my emergency radio:

Food and water checklist

- ☐ Store at least three days of emergency drinking water.
- ☐ Keep a supply of long-life food.
- ☐ Include foods that can be eaten without cooking.
- ☐ Buy a manual tin opener.
- ☐ Check food expiry dates periodically.
- ☐ Replace food and water supplies as necessary.

Where I store my emergency drinking water:

Where I store my emergency food:

Emergency cooking checklist

- ☐ Consider buying a portable camping stove.
- ☐ Store suitable fuel safely.
- ☐ Keep matches or a lighter if required.
- ☐ Make sure you have suitable cooking equipment.
- ☐ Identify a safe outdoor location where equipment could be used.

Where I store my emergency cooking equipment:

Warmth checklist

- ☐ Keep additional blankets available.
- ☐ Make sure everyone has suitable warm clothing.
- ☐ Consider keeping sleeping bags or additional bedding.
- ☐ Identify a suitable room where your household could stay warm together.
- ☐ Consider how vulnerable household members would cope without heating.

Where I store additional blankets and warm clothing:

Household essentials checklist

- ☐ Keep a first aid kit.
- ☐ Maintain supplies of essential medication.
- ☐ Keep some emergency cash.
- ☐ Know where your consumer unit (fuse box) is located.
- ☐ Consider registering for Priority Services if eligible.
- ☐ Make sure everyone in your household knows where emergency supplies are stored.

Where I store my first aid kit:

Where I keep my printed emergency checklist:

Optional: emergency contacts and notes

Electricity network operator / outage website:

Important household contact:

Medical equipment backup plan / support contact:

Date checklist last reviewed:

Save 105 for power cuts in Great Britain.

Safety reminder

Never use camping stoves, barbecues or generators indoors or in enclosed spaces.
They can cause deadly carbon monoxide poisoning.