



## POWER CUT CHECKLIST

Everything to sort before the lights go out: light, power, warmth, food, water and the people and pets who need it most.

► [Read the full guide at ukprepperhub.co.uk](#) →

■ **Torches, not candles**

■ **Charge everything monthly**

■ **Fridge shut: 4 hours, freezer: 48**

AFFILIATE DISCLOSURE: This checklist contains links to product reviews and Amazon listings. UK Prepper Hub may earn a small commission if you purchase via our links, at no extra cost to you. We only link to products we have researched or tested. This never influences our recommendations. Full disclosure: [ukprepperhub.co.uk/affiliate-disclosure/](https://ukprepperhub.co.uk/affiliate-disclosure/)



"When the lights go out, I want to reach for a torch, not hunt for one. There's a night light on our landing that comes on by itself, a head torch on every bedside table and the power banks are charged on the first of the month. Janet says it's a lot of torches. It's the right number of torches."

— Calm Clarissa, UK Prepper Hub

### LIGHTING

*Torches, not candles. Candles are the biggest fire risk in a power cut, especially with children or pets about.*

☐ **A torch for every person** [Check Price on Amazon](#) → [★ We've reviewed this](#) →

Kept where you can find it in the dark.

☐ **Head torches, two or more** [Check Price on Amazon](#) → [★ We've reviewed this](#) →

Both hands free for cooking, the fuse box or the stairs.

☐ **Plug-in night light that comes on in a power cut** [Check Price on Amazon](#) → [★ We've reviewed this](#) →

Lives in a socket on the landing or stairs and lights up the moment the power goes.

☐ **Lantern to light a whole room** [Check Price on Amazon](#) → [★ We've reviewed this](#) →

Rechargeable, and bright enough to cook or play cards by.

☐ **Clip-on book light** [Check Price on Amazon](#) → [★ We've reviewed this](#) →

Reading light for long evenings, and a torch when you need one.

☐ **Glow sticks** [Check Price on Amazon](#) → [★ We've reviewed this](#) →

Safe light with no batteries, and no flame around children and pets.

☐ **AA batteries, 40 or more** [Check Price on Amazon](#) →

Five-year shelf life.

☐ **AAA batteries, 40 or more** [Check Price on Amazon](#) →



## PORTABLE POWER

- ☐ **20,000mAh power bank, one per person** [Check Price on Amazon →](#) [★ We've reviewed this →](#)  
Two to three days of phone charging each.
- ☐ **Charging cable for every device** [Check Price on Amazon →](#) [★ We've reviewed this →](#)
- ☐ **UK three-pin USB plug** [Check Price on Amazon →](#)  
Recharge everything the moment the power comes back.
- ☐ **12V car phone charger** [Check Price on Amazon →](#)  
USB-C and USB-A, 60W in total. The car can charge your phone and power bank in a long power cut.
- ☐ **Optional: a portable power station** [Check Price on Amazon →](#) [★ We've reviewed this →](#)  
Runs the router, lamps and chargers, and keeps a digital landline working.
- ☐ **Optional: a solar panel to recharge it** [Check Price on Amazon →](#) [★ We've reviewed this →](#)

## KEEPING WARM

*No electricity often means no heating. Warm the people, not the room.*

- ☐ **Hot water bottle, two per person** [Check Price on Amazon →](#)  
With a cover and a hand-warmer pocket. Certified to BS 1970. Boil the water on your camping stove.
- ☐ **Self-heating throw** [Check Price on Amazon →](#) [★ We've reviewed this →](#)  
Warmth with no power at all.
- ☐ **Hand warmers** [Check Price on Amazon →](#) [★ We've reviewed this →](#)  
Nothing to charge.
- ☐ **Foil blankets** [Check Price on Amazon →](#)
- ☐ **Sleeping bags or extra duvets**
- ☐ **Thermal hats** [Check Price on Amazon →](#)
- ☐ **Warm gloves** [Check Price on Amazon →](#)
- ☐ **Microwavable heat pad for pets** [Check Price on Amazon →](#) [★ We've reviewed this →](#)  
Heat it before the power goes, or when it comes back. Stays warm for hours.

## COOKING AND NEWS

- ☐ **Camping gas stove and spare canisters** [Check Price on Amazon →](#) [★ We've reviewed this →](#)  
Use it outdoors or in a well-ventilated space, never in a closed room.
- ☐ **Matches and a lighter**  
For the stove or a gas hob.
- ☐ **Wind-up radio with a built-in torch** [Check Price on Amazon →](#) [★ We've reviewed this →](#)  
Runs on solar, wind-up, its own battery or AAAs. News when the internet's down, and light when the batteries are flat.



## FOOD, FRIDGE AND WATER

*A closed fridge stays cold for about 4 hours. A full freezer stays frozen for about 48, a half-full one about 24. Keep the doors shut.*

### ☐ Fridge thermometer

Chilled food is fine below 8°C. Above that, eat it within 4 hours or throw it away.

### ☐ A coin on a cup of frozen water in the freezer

If the coin has sunk to the bottom when you get back, everything in there thawed while you were out.

### ☐ Three days of food that needs little or no cooking

[Check Price on Amazon →](#)

[★ We've reviewed this →](#)

Tins, oats, crackers, peanut butter. Self-heating meals need no stove at all.

### ☐ Bottled water, 3 litres per person per day

[Check Price on Amazon →](#)

Enough for at least three days, in case the pumps go off too.

### ☐ Portable toilet

[Check Price on Amazon →](#)

[★ We've reviewed this →](#)

For when the water's off as well, or for anyone who can't manage the stairs in the dark.

### ☐ Wet wipes and hand sanitiser

[Check Price on Amazon →](#)

No hot water doesn't have to mean no washing.

## PEOPLE AND PETS

*Cold is the real danger in a winter power cut. Check on the people who feel it most, early.*

### ☐ Join the Priority Services Register

Free, through your energy supplier or network operator. Priority updates and help if you're older, disabled, have young children or rely on medical equipment.

### ☐ A week of spare prescription medicine

Don't run it down to the last few days.

### ☐ Cooling wallet for insulin or fridge medicine

[Check Price on Amazon →](#)

[★ We've reviewed this →](#)

Keeps medicine cool with no power or ice.

### ☐ A phone that works with the power off

A charged mobile, plus a battery backup for the router if your landline has gone digital.

### ☐ A torch within reach of every bed

Especially for older relatives. Falls in the dark are the real risk.

### ☐ Baby sleeping bag and layers

A sleeping baby's room should be 16 to 20°C.

### ☐ Spare pet food

The shop may be shut, or dark.

### ☐ Battery air pump for a fish tank

Tanks lose heat and oxygen within hours.

## SAFETY

### ☐ Combined smoke and carbon monoxide alarm

[Check Price on Amazon →](#)

[★ We've reviewed this →](#)

Battery-powered, so it works when the mains is off. One on every floor.

### ☐ Fire extinguisher and fire blanket

[Check Price on Amazon →](#)

[★ We've reviewed this →](#)

For the kitchen.



## WHEN THE POWER GOES OFF

- ☐ Look outside. Street dark? It's the network. Just you? Check the fuse box
- ☐ Call 105 to report it, even if you think they know
- ☐ Switch off the hob, oven, heaters and irons, but leave one light on so you know when it's back
- ☐ Keep the fridge and freezer doors shut
- ☐ Check on elderly or vulnerable neighbours
- ☐ Use torches, never candles

## WHEN THE POWER COMES BACK

- ☐ Switch appliances back on one at a time, not all at once
- ☐ Check the fridge temperature and the coin in the freezer before eating anything
- ☐ Reset the boiler, clocks and timers
- ☐ Recharge every power bank and torch straight away
- ☐ Neighbours back on but not you? Call 105 again
- ☐ Off for 12 hours or more? You may be owed compensation from your network operator

## MONTHLY CHECKS

*First of the month. Put a reminder in your phone.*

- ☐ Power banks charged to 100%
- ☐ Smoke and carbon monoxide alarms tested
- ☐ Battery use-by dates checked
- ☐ Torches, lantern and radio working
- ☐ Gas canisters and matches still in the cupboard



# Missing Something?

Using a printed copy? Point your phone camera at the code for anything you still need and it'll open on Amazon.



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Plug-in night light that comes on in a power cut



Lantern to light a whole room



Clip-on book light



Glow sticks



AA batteries, 40 or more



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Charging cable for every device



UK three-pin USB plug



12V car phone charger



Optional: a portable power station



Optional: a solar panel to recharge it



Hot water bottle, two per person



Self-heating throw



Hand warmers



Foil blankets



Thermal hats



Warm gloves





Microwavable heat pad for  
pets



Camping gas stove and spare  
canisters



Wind-up radio with a built-in  
torch



Three days of food that needs  
little or no cooking



Bottled water, 3 litres per  
person per day



Portable toilet



Wet wipes and hand sanitiser



Cooling wallet for insulin or  
fridge medicine



Combined smoke and carbon  
monoxide alarm



Fire extinguisher and fire  
blanket

