Power-cut checklist

Before the lights go out

[ ] Torch and spare batteries where you can find them
[ ] Battery or wind-up FM radio and written station frequencies
[ ] Charged power bank and the right cables
[ ] Drinking water and familiar food that needs no cooking
[ ] Warm layers, blankets and hygiene supplies
[ ] Regular medicines and a backup plan for powered medical equipment
[ ] Cash for household essentials and numbers written on paper

During a power cut

[ ] Check your supplier updates; report the outage if needed
[ ] GB power cuts: **105**; Northern Ireland: **03457 643 643**
[ ] Use torches and keep fridge and freezer doors shut
[ ] Check safely on anyone who may need help
[ ] Follow your care team's plan for medical equipment

Safety first

Never run generators, camping stoves or barbecues indoors or in garages. Keep generator exhaust away from openings. For immediate danger call **999**. Do not improvise electrical repairs.

After power returns

[ ] Check food safety against the FSA guidance before eating chilled food
[ ] Recharge batteries and replace used supplies
[ ] Review what your household needs next time

Sources and full guidance

Checked 8 November 2026. Be Ready: beready.campaign.gov.uk
NHS: nhs.uk/conditions/carbon-monoxide-poisoning/
Food Standards Agency: food.gov.uk
Full checklist: ukberready.co.uk/power-cut-checklist/

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