PRINTABLE CHECKLIST

What is the best backup power for a power cut? UK options compared

Match the backup to what you need to run. A charged power bank per person, the one item on the official Be Ready list, covers most cuts. A portable power station runs Wi-Fi, lamps, a laptop or a CPAP indoors for hours. A generator runs heavy appliances for days but must stay outdoors, never plugged into a house socket. Heaters and kettles empty any battery fast.

- [ ] List what you would need to keep running in a cut
- [ ] Find the watts of each item from its plate or adaptor
- [ ] Buy a 20,000 mAh power bank for each adult
- [ ] Keep power banks charged every few months
- [ ] Size any power station with the runtime sum
- [ ] Choose pure sine wave output for electronics and medical kit
- [ ] Never run a generator indoors or in a garage
- [ ] Never plug a generator into a house socket
- [ ] Store no more than 30 litres of petrol, outside the living space
- [ ] Fit an audible CO alarm to EN 50291
- [ ] Join the Priority Services Register if you rely on powered equipment
- [ ] Test any generator or power station every six months