PRINTABLE CHECKLIST

How do you cook without electricity in a power cut? Safe UK options

Light a mains gas hob with a match if you have one, or cook outdoors on a camping stove, storm kettle or barbecue and carry the food inside. Never use these indoors, in a garage or tent, because of carbon monoxide. Boil water once and keep it hot in flasks for drinks and instant meals. If you have no safe heat, eat food that needs no cooking.

- [ ] Check whether your gas hob lights with a match
- [ ] Keep long matches or a gas lighter by the hob
- [ ] Own at least one 1 litre vacuum flask
- [ ] Buy the right gas cartridges with any camping stove
- [ ] Store gas cool, upright and outside the living space
- [ ] Fit a battery CO alarm meeting EN 50291
- [ ] Keep a fire blanket near where you cook
- [ ] Keep a head torch with the cooking kit
- [ ] Stock three days of food that needs no cooking
- [ ] Add instant porridge, noodles and soups for flask water
- [ ] Keep a tin opener with the food