PRINTABLE CHECKLIST

How long could a UK blackout last? Planning for 3, 7, 30 or 90 days

No national blackout has been forecast. The Be Ready campaign asks households to manage for three days. NESO must be able to restore 60% of each region's demand within 24 hours and all of Great Britain's within five days, by 31 December 2026. The National Risk Register says the transmission system could take up to about seven days. Plans for a week, 30 or 90 days

- [ ] Three days of water: 3 litres per person per day
- [ ] Three days of food that needs no cooking or fridge
- [ ] Torch, spare batteries and a battery or wind-up radio
- [ ] Charged power bank and first aid kit
- [ ] Cash in notes and coins
- [ ] Optional week: more water, an outdoor stove and gas
- [ ] Optional week: a way to recharge phones
- [ ] Optional 30 days: water filter, solar panel, rotated larder
- [ ] Optional 90 days: bulk staples and filter replacements
- [ ] CO alarm made to EN 50291 if using any fuel appliance
- [ ] A decision point for leaving home
- [ ] Check everything every six months