PRINTABLE CHECKLIST

How to prepare for a blackout in the UK

To prepare for a blackout in the UK, follow the government's Be Ready list: three days of water and no-cook food, a torch, an FM radio, a charged power bank, medication, warm bedding and cash. Save 105 in your phone and find your network operator. No blackout is planned or forecast, so build this gradually.

- [ ] Three days of drinking water, 3 litres per person per day
- [ ] Three days of food that needs no cooking, plus a tin opener
- [ ] Torch and spare batteries
- [ ] Battery or wind-up FM radio
- [ ] Charged power bank and cable
- [ ] First aid kit and essential medication
- [ ] Blankets and warm clothing in one place
- [ ] Cash in notes and coins
- [ ] 105 and your network operator written down
- [ ] Priority Services Register joined, if you qualify