J&G; MAINTENANCE LTD

Your 7-Day Power Cut Essentials Checklist

A calm, practical guide to help your household prepare. This is a precautionary checklist, not a warning that prolonged power cuts are expected.

■ **Lighting:** Torches or rechargeable lanterns; spare batteries.

■ **Food:** Seven days of familiar, non-perishable, ready-to-eat food; manual tin opener.

■ **Drinking water:** Aim for 3 litres per person per day where practical (21 litres per person for seven days).

■ **Medicines and first aid:** Essential prescriptions, a first-aid kit and any medical supplies you routinely need.

■ **Warmth:** Blankets, thermal layers, warm socks and extra bedding.

■ **Communication:** Charged mobile phone, charged power bank, battery/wind-up radio; written contact numbers.

■ **Household essentials:** Hygiene items, baby supplies, pet food, and a small amount of cash if possible.

If you have solar batteries: Check whether your installation has an operational emergency backup/EPS circuit. A standard grid-connected battery may stop supplying your home during an outage. If supported, arrange a higher reserve charge before a forecast interruption; never assume it will last three days.

For vulnerable households: Register for free Priority Services support through your electricity supplier or network operator. If you use electrically powered medical equipment, agree an independent backup plan with your healthcare provider.

During a power cut: Call **105** to report it or get updates. Use torches instead of candles. Never use barbecues, camping stoves or fuel generators indoors. Keep fridge/freezer doors closed.

Preparation brings peace of mind — not panic.
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Guidance: UK Government Be Ready (beready.campaign.gov.uk) and UK Power Networks Priority Services Register (ukpowernetworks.co.uk).