

READINESS SHEETS

24 simple one-page guides to plan ahead, look after your home, and get through a power cut, a flood or a hard winter calmly.

The useful kit. None of the panic.

Free to print and share. We've done the legwork for you. Pick one sheet, fill it in, and add another when you're ready. The newest versions, and the kit that goes with each sheet, are at **shelfreliance.co.uk**.

Draft 3 · October 2026



CONTENTS

Tap a sheet to jump to it. Not sure where to begin? Start with **P1**. On each sheet, underlined words link to that kit or sheet on shelfreliance.co.uk, and the QR code in the corner does the same when it's printed.

PLAN

P1	Good day, tired day, bad day	3
P2	Emergency contacts & meeting points ...	4
P3	Local risks & routes	5
P4	Work & school plan	6
P5	Medical info per person	7
P6	Pets in emergencies	8
P7	Important documents	9
P8	Grab bag checklist	10
P9	Six-month check	11

HOME

H1	Turning off supplies	12
H2	Flood prep	13
H3	Winter prep	14
H4	Ready for any season	15
H5	Quiet & safe at home	16

WATER

W1	Making water safe	17
-----------	-------------------------	----

POWER & LIGHT

L1	Power cut checklist	18
L2	Power, torch & battery log	19
L3	Power stations & solar	20

FOOD

F1	Fridge & freezer in a power cut	21
F2	Bucket packing guide	22
F3	Stock rotation log	23
F4	Growing sprouts	24
F5	A week's food box	25

TOOLS & SKILLS

T1	Five useful knots	26
-----------	-------------------------	----

Start small. You don't need to do it all at once. Print the sheets you need, keep them together in a folder by the front door, and check them twice a year when the clocks change (P9).

GREEN, AMBER & RED

GOOD DAY, TIRED DAY, BAD DAY

Plan for the energy you'll have, not just the stuff, so there's always something you can manage, even on your worst day.

Why this matters. In an emergency you get tired, cold and hungry, and sometimes ill or hurt. The jobs don't get easier, but you get less able to do them.

What to do. For each need below, have a way that suits each kind of day. Do the harder jobs while you're well, and keep your bad-day kit stocked. It's the one you'll need most.

	 GREEN GOOD DAY Well, fed and warm HARDER JOBS OK	 AMBER TIRED DAY Tired or stressed KEEP IT SIMPLE	 RED BAD DAY Ill, hurt, cold or worn out NO EFFORT NEEDED
 Water	☐ Filter water Fetch it, then filter or treat it.	☐ Stored tap water Fill a cup from your container.	☐ Small bottles by bed Just open and drink.
 Food	☐ Cook from scratch Mix, knead and bake bread.	☐ Simple hot meal Boil pasta or rice.	☐ Ready-to-eat food Open a tin or pouch and eat it cold.
 Warmth	☐ Light a fire Collect wood, light it and keep it going.	☐ Hot water bottle Boil water on the hob or camping stove, fill, wrap.	☐ Sleeping bag Get in and stay warm.
 Light	☐ Candle lantern Light it and never leave it alone.	☐ Rechargeable lantern Switch on. Charge it while you can.	☐ Head torch by bed Put it on and press the button.
 Clean	☐ Strip wash Warm a pan of water, wash with a flannel.	☐ Wet wipes Quick wipe down, no water needed.	☐ Hand gel by bed Clean hands before you eat.

Tick each one once it's in your kit. Aim for a tick in every column, **especially bad day**. Keep bad-day kit within reach of your bed.

RULE 1 **Save your bad-day kit for bad days. If you're well, use the green options first.**

RULE 2 **Feeling worse? Switch to the easier column straight away. No prize for pushing on.**



EMERGENCY CONTACTS & MEETING POINTS

Fill this in, then keep one copy on the fridge and one in your grab bag.

EMERGENCY NUMBERS

999	Police, fire, ambulance, coastguard (112 also works)
111	NHS non-urgent medical help
101	Police non-emergency
105	Power cut – any network, free
0800 111 999	Gas emergency – smell gas or suspect CO
0345 988 1188	Floodline – flood warnings

Deaf or unable to speak? Register for emergencySMS by texting **register** to 999.

OUR ADDRESS

Address and postcode – so anyone can tell 999 where we are

OUR HOUSEHOLD

Name

Mobile

If phones are down: texts often get through when calls don't. Keep messages short. If you can't reach anyone, go to meeting point 2 and wait, or leave a note saying where you've gone. **Tip:** set an ICE (In Case of Emergency) contact and Medical ID on everyone's phone lock screen.

OTHER CONTACTS

Who	Name	Phone / account no.
Out-of-area contact		
Neighbour		
GP surgery		
Vet		
Water supplier		
Home insurer		

Out-of-area contact: a relative or friend who lives elsewhere. Everyone checks in with them, so they can pass messages on. School and work go on P4, pharmacy on P5.

MEETING POINTS

Where	Place / address	How we get there
1. Near home		
2. In our area		
3. Out of area		

1 = if you have to leave the house fast (e.g. end of the road). 2 = if you can't get home. 3 = if the whole area is cut off.



LOCAL RISKS & ROUTES

Know what could happen where you live, and how you'd get out.

LOCAL RISKS

Risk	Could it affect us?	Notes
Power cuts – how often, how long?	☐ Yes ☐ No ☐ Not sure	
Water supply off or unsafe to drink	☐ Yes ☐ No ☐ Not sure	
Flooding – river, surface water or coast	☐ Yes ☐ No ☐ Not sure	
Storms and fallen trees or power lines	☐ Yes ☐ No ☐ Not sure	
Snow and ice – could we get cut off?	☐ Yes ☐ No ☐ Not sure	
Heatwave – hot rooms, vulnerable people	☐ Yes ☐ No ☐ Not sure	
Moorland or grass fire	☐ Yes ☐ No ☐ Not sure	
Nearby industrial site, pipeline or substation	☐ Yes ☐ No ☐ Not sure	
Other	☐ Yes ☐ No ☐ Not sure	

Check flood risk by postcode: GOV.UK "check long term flood risk" (England), SEPA flood maps (Scotland), Natural Resources Wales (Wales).
Power cut history: ask neighbours or check your network operator's power cut map.

USEFUL PLACES NEAR US

Place	Name / address	Distance or time
Nearest A&E		
Urgent treatment centre		
Late-opening pharmacy		
Petrol station		
Supermarket		
Community centre / likely rest centre		

ROUTES OUT

Route	Which way	Avoid (e.g. roads that flood)
Walking – to meeting point 2		
Driving – out of the area		
Backup route		

Leave early, and follow official advice. Keep Emergency Alerts switched on in your phone settings. If the emergency services tell you to leave or stay put, do what they say.



WORK & SCHOOL PLAN

Who picks up the children, and what happens if you can't get through to each other.

SCHOOL, NURSERY OR COLLEGE

Child	School / nursery	Phone	How they contact us (app, text, email)

WHO COLLECTS THE CHILDREN

Order	Name	Relationship	Phone	On the school's list?
1st – goes first				
2nd – if 1st can't				
Also allowed				

Schools usually only hand children to people they've been told about. Tell them in advance, and agree a family code word the collector can use.

WORK

Person	Workplace & address	Phone	Plan – work from home? route home?

ASK THE SCHOOL

- ☐ What happens if you close early and can't reach us?
- ☐ Where would children go if the school is evacuated?
- ☐ How will you tell us about closures?

ASK WORK

- ☐ What's the plan if the building is closed?
- ☐ How will you contact staff out of hours?
- ☐ Can I leave to collect children in an emergency?

OLDER CHILDREN WHO TRAVEL ALONE

If you get home and no one's there	Spare key is at / go to

If phones are down: the 1st collector goes to the school. If they can't get there, the 2nd collector goes. Everyone else goes to meeting point 2 (P2). Family code word: _____



MEDICAL INFO PER PERSON

One sheet per person. Keep a copy in the grab bag so others can help if you can't explain.

PERSON

Full name	Date of birth	NHS number
Next of kin	Their phone	GP surgery

CONDITIONS

Condition	Notes – what helps, what to watch for
-----------	---------------------------------------

MEDICATION

Medicine	Dose	When	Supply runs out
----------	------	------	-----------------

Ask your GP or pharmacist about keeping a few days' spare. The NHS App can reorder repeat prescriptions.

ALLERGIES

Allergic to	Reaction	Treatment (e.g. auto-injector – where kept)
-------------	----------	---

NEEDS & AIDS

☐ Glasses ☐ Hearing aid ☐ Mobility aid ☐ Powered equipment ☐ Dietary needs ☐ Other

Details – spares, batteries, chargers, where kept

Why the numbers are here: medics need your date of birth and NHS number to find your records fast. Keep this sheet in a sealed envelope in the bag. **Message in a Bottle:** a free Lions Club pot for your fridge, holding medical details that paramedics know to look for.

Priority Services Register: if anyone relies on power or water for health reasons, register free with your electricity network and water company. ☐ Electricity ☐ Water



PETS IN EMERGENCIES

Pets rely on you to plan for them. Pack their bag alongside yours.

OUR PETS

Name	Type & breed	Microchip number	Medicines & feeding

PET GRAB BAG

- ☐ Food and water for at least 3 days, plus bowls
- ☐ Medicines, with dosing notes
- ☐ Vet and vaccination records, microchip number – in a waterproof bag
- ☐ Recent photo of each pet, and one of you with them (proves they're yours)
- ☐ Carrier, lead, harness and muzzle if needed
- ☐ Poo bags, litter tray and litter
- ☐ Blanket, bed or toy that smells of home

PLAN AHEAD

- ☐ Keep microchip details up to date
- ☐ Collar tag with your name and address (the law for dogs in public)
- ☐ Find somewhere pets could stay – friends, family, kennels, pet-friendly hotel
- ☐ Check whether your local rest centre accepts pets (many don't)
- ☐ Practise getting each pet into its carrier
- ☐ In a flood warning: move small pets, food and bedding upstairs

WHERE PETS CAN GO

Place	Contact & phone
Friend or family	
Kennels / cattery	
Pet-friendly hotel	

Never put yourself at risk to rescue an animal. If a pet is trapped or stranded, call the RSPCA on 0300 1234 999 (Scottish SPCA 03000 999 999 in Scotland), or 999 if a person is in danger too. Take pets with you if you leave, as long as it's safe to do so.



IMPORTANT DOCUMENTS

Write down where each document is kept – not its numbers. Tick when a copy is in the grab bag.

OUR DOCUMENTS

Document	Whose	Where the original is kept	Copy in bag	Renew by
ID & LEGAL				
Passports			☐	
Driving licences			☐	
Birth and marriage certificates			☐	
Will and power of attorney			☐	
HOME & MONEY				
Deeds or tenancy agreement			☐	
Home and contents insurance			☐	
Bank and building society details			☐	
Pensions and savings			☐	
Car documents (V5C, insurance)			☐	
HEALTH & FAMILY				
NHS numbers and GP details (P5)			☐	
Prescriptions and vaccinations (P5)			☐	
Children's red books (health records)			☐	
School and childcare details (P4)			☐	
Pet microchip, vet records and pet insurance (P6)			☐	
DIGITAL				
Who can get into our email or password manager if we can't			☐	
OTHER				
			☐	
			☐	

Where, not what. Don't write passport, bank or card numbers here – if the bag goes missing, this sheet shouldn't help a thief. (P5 is the one exception: medics need your NHS number.) Put photocopies in a waterproof wallet in the grab bag (P8), and keep scanned copies in a password-protected folder or with someone you trust.

Last checked (see P9)

Copies updated

Copies also kept with



GRAB BAG CHECKLIST

Ideally one bag per person, kept by the front door. Tick as you pack, and write in use-by dates.

Start small. You don't need to buy it all at once. Begin with the first four in bold: a rucksack, water, a torch and copies of your documents. Then add one or two items whenever you can. Every tick makes you more ready than you were yesterday.

B Budget bag **M** Mid adds **P** Pro adds

Same levels as the bags on shelfreliance.co.uk

BUDGET - THE CORE

- | | |
|---|----------------------|
| ☐ Rucksack | B |
| ☐ Bottled water – at least 2 litres | use by ____ B |
| ☐ Torch with batteries | B |
| ☐ Waterproof wallet with document copies (P7) | B |
| ☐ Water filter (straw or bottle) | B |
| ☐ Water purification tablets | use by ____ B |
| ☐ Emergency food (250g pack) | use by ____ B |
| ☐ Foil blanket | B |
| ☐ First aid kit | use by ____ B |
| ☐ Lighter | B |
| ☐ Fire starters | B |
| ☐ Can opener | B |
| ☐ Wet wipes and tissues | B |
| ☐ Whistle | B |

MID - ADD THESE

- | | |
|--|----------------------|
| ☐ Extra food bar | use by ____ M |
| ☐ Fold-flat water containers | M |
| ☐ Power bank and charging cable | M |
| ☐ Wind-up radio | M |
| ☐ Rain poncho | M |
| ☐ Hand gel | M |
| ☐ Toilet bags and bin bags | M |

PRO - ADD THESE

- | | |
|---|----------------------|
| ☐ Second food pack | use by ____ P |
| ☐ Head torch | P |
| ☐ Mess tins | P |
| ☐ Ferro rod | P |
| ☐ Compass | P |
| ☐ Fireproof document bag | P |
| ☐ Dry bag | P |
| ☐ FFP3 masks | P |
| ☐ Repair tape | P |

PERSONAL - NOT IN ANY KIT

- | | |
|--|-------------|
| ☐ Medicines (P5) | use by ____ |
| ☐ Copies of P2 and your own P5 | |
| ☐ Cash in small notes | |
| ☐ Spare house and car keys | |
| ☐ Phone and charger | |
| ☐ Spare glasses | |
| ☐ Change of clothes, hat and gloves | |
| ☐ Sturdy shoes and warm socks | |
| ☐ Sanitary and baby items | |
| ☐ Pet items (P6) | |
| ☐ Something to pass the time | |

Got a family? One shared family bag with the kit, plus a small personal bag each, works well too.

Bag packed on

Next check (see P9)

Bag kept



SIX-MONTH CHECK

Twice a year, sit down together for twenty minutes and go through this list.

When: the weekends the clocks change – late March and late October. Put both in your calendar now.

TALK IT THROUGH - 20 MINUTES

- ☐ Does everyone know the three meeting points? (P2)
- ☐ Are all phone numbers still right? (P2)
- ☐ Any new medicines, allergies or needs? (P5)
- ☐ School, work or pickup changes? (P4)
- ☐ Pets – food, meds, carrier still fit? (P6)
- ☐ Walk or drive one route out together (P3)
- ☐ Who does what if the power goes off?
- ☐ Still a bad-day option for water, food, warmth, light and keeping clean? (P1)

HOME

- ☐ Test smoke and carbon monoxide alarms (and monthly too)
- ☐ Find the stopcock, gas and electric switch (H1)
- ☐ Check flood warnings sign-up (H2)
- ☐ Emergency Alerts still on in everyone's phones? (P3)
- ☐ Autumn: winter prep (H3)
- ☐ Update this folder and reprint changed sheets

CHECK LOG

Date	Done by	Notes – what we changed or need to buy

CHECK THE KIT

- ☐ Check use-by dates – food, water, tablets (F3)
- ☐ Eat and replace anything close to its date
- ☐ Restock the first aid kit
- ☐ Test torches, radio and head torches
- ☐ Charge power banks and batteries (L2)
- ☐ Check grab bags still fit and are complete (P8)
- ☐ Documents in date, copies in bags? (P7)
- ☐ Practise one skill – a knot or the ferro rod (T1, T2)

Keep it short. Make it a routine, not a lecture. Let children tick the boxes and test the torches.



TURNING OFF SUPPLIES

Know where the water, gas and electricity shut-offs are before you need them.

Water

Stopcock

Ours is:

Usually under the kitchen sink. Also check the utility room, bathroom, garage or under the stairs.

1. Turn the stopcock **clockwise** to close it.
2. It can take a few minutes for the water to stop.
3. Open the cold kitchen tap to drain the pipes if there's a leak.

 Never force it. If it won't turn, call a plumber. Test it twice a year (P9).

Gas

Emergency control valve

Ours is:

Next to the gas meter – often under the stairs, in a cupboard or in a box outside.

1. Find the lever on the pipe by the gas meter.
2. Turn it a **quarter turn** so the handle is **across** the pipe.
3. Call **0800 111 999**.

 Don't turn it back on yourself. Wait until the gas emergency engineer says it's safe.

Electricity

Main switch

Ours is:

Often near the front door, under the stairs or in the garage.

1. Open the consumer unit (fuse box).
2. Switch the **main switch** to **OFF**.
3. Use a torch, not candles.

 Never touch it with wet hands or if you're standing in water. If water has reached it, stay away and call 105.

If you smell gas

1. Turn off the gas at the meter, if you can do it safely.
2. Open doors and windows.
3. Don't use electrical switches, doorbells or anything that could spark. No flames.
4. Go outside and call **0800 111 999** (free, 24 hours).

If the CO alarm goes off

1. Open doors and windows.
2. Turn off gas appliances – boiler, cooker, fire – if you can.
3. Get everyone outside into fresh air.
4. Call **0800 111 999**. Headache, dizziness or sickness? Call 111, or 999 if severe.

WHO TO CALL

Problem	Number
Burst pipe or no water – our water supplier	
Gas leak or carbon monoxide	0800 111 999
Power cut or damaged power lines	105

Show everyone. Every adult and older child should know where all three are and how to use them. Label each one with a luggage tag.



FLOOD PREP

The three official flood warnings, and what to do at each one.

Flood alert

Flooding is possible. Be prepared.

- Check the forecast and river levels
- Pack the grab bag (P8)
- Move the car to higher ground

Flood warning

Flooding is expected. Act now.

- Move family, pets and valuables upstairs
- Put flood barriers and air brick covers on
- Turn off gas, electricity and water if safe (H1)

Severe flood warning

Danger to life.

- Call 999 if anyone is in immediate danger
- Leave if the emergency services tell you to
- Don't go back for vehicles or belongings

 **Never walk, cycle or drive through flood water.** Just 15cm of fast-flowing water can knock an adult off their feet, and 30cm can float a car. Flood water can also hide open drains and debris.

BEFORE - DO IT NOW

- ☐ Sign up for free flood warnings (Floodline 0345 988 1188)
- ☐ Check your flood risk (P3)
- ☐ Know how to turn off supplies (H1)
- ☐ Photograph rooms and valuables for insurance
- ☐ Keep important papers upstairs or in a waterproof bag
- ☐ Buy flood barriers or air brick covers if you're at risk

AFTER THE WATER GOES DOWN

- ☐ Don't switch electrics back on until an electrician has checked them
- ☐ Wear gloves and wellies – flood water can contain sewage
- ☐ Throw away any food that flood water has touched
- ☐ Follow any boil-water notice from your water supplier
- ☐ Photograph the damage before you clean up
- ☐ Call your insurer as soon as you can

WHAT WE MOVE UPSTAIRS FIRST



WINTER PREP

Keep the pipes from freezing and the house warm, even if the heating fails.

Do this in **October**, before the first frost. It's on the autumn six-month check (P9).

 **Power cut = no heating.** Most gas boilers need electricity to run, so your central heating stops in a power cut. Plan another way to keep warm – see the warmth row on P1.

PIPES & WATER

- ☐ Lag pipes and water tanks in the loft, garage and outside walls
- ☐ Fit covers on outside taps
- ☐ Fix dripping taps before it freezes
- ☐ Check the stopcock turns (H1)
- ☐ Going away? Leave the heating on at least 14°C

DRAUGHTS & WARMTH

- ☐ Draught excluders on doors and letterbox
- ☐ Close curtains at dusk
- ☐ Blankets, hot water bottles and sleeping bags ready
- ☐ Pick one warm room to use if the heating fails

If a pipe freezes or bursts

1. Turn off the water at the stopcock.
2. **Frozen:** thaw it slowly with a hot water bottle or a hairdryer on low. Never use a flame.
3. **Burst:** switch off the electrics if water is near them, catch what you can, and call a plumber.

HEATING

- ☐ Boiler serviced by a Gas Safe registered engineer
- ☐ Bleed the radiators
- ☐ Test the carbon monoxide alarm
- ☐ Chimney swept if you use an open fire or stove
- ☐ Heat the rooms you use to at least 18°C

OUTSIDE & CAR

- ☐ Salt or grit, and a snow shovel
- ☐ Clear gutters and drains
- ☐ Car kit: blanket, scraper, torch, water, snacks, phone charger
- ☐ Check tyres, screenwash and battery

Never heat indoors with outdoor kit

Camping stoves, patio heaters and barbecues give off carbon monoxide, which can kill. Use them outside only, and keep a working CO alarm.

 **Check on neighbours.** Older people, babies and anyone with a long-term health condition are most at risk from the cold. A knock on the door can make a big difference.



READY FOR ANY SEASON

The same emergency is very different in January and July. Plan for both.

	 Winter Cold, dark, ice and storms	 Summer Heatwaves, drought and wildfire
 Water	At least 3 litres each a day (W1). Pipes can freeze, so keep stored water off cold floors and away from outside walls.	You need more than 3 litres each a day in the heat, especially children and older people. Keep it cool and dark.
 Food	Hot food and drinks keep you warm. Plan fuel for cooking.	Fridge food goes off faster (F1). Lean on tins, pouches and cold food.
 Warm or cool	Pick one warm room. Layers, hats, blankets and sleeping bags.	Close curtains in the day, open windows at night when it's cooler. Stay out of the midday sun.
 Getting about	Ice, snow and short days. Keep the car kit ready (H3) and the tank at least half full.	Heat in cars kills – never leave anyone or pets in a parked car. Carry water.
 Light & power	Long dark evenings – more torches, batteries and charging.	Long days – solar panels work best. Keep batteries out of hot cars and direct sun.

Hypothermia

Signs: shivering; pale, cold skin; slurred speech; slow breathing; tiredness or confusion.
Do: call 999. Get them somewhere warm, take off wet clothes, wrap in a blanket or sleeping bag. Warm sweet drink if fully awake.
Don't: use hot baths or hot water bottles, or rub their arms and legs.

Heat exhaustion

Signs: headache, dizziness, feeling sick, heavy sweating, cramps, pale clammy skin.
Do: move them somewhere cool, take off extra clothes, give water, and cool their skin with water and a fan. They should feel better within 30 minutes.
Call 999 if they're no better after 30 minutes, or have hot skin with no sweating, confusion, a fit or pass out.



QUIET & SAFE AT HOME

Light, noise and what you share – so a long outage stays calm at home.

In a long power cut, the one house that's lit up, noisy and smells of cooking stands out. Most people will just knock and ask – but it's sensible not to advertise what you've got.

LIGHT

- ☐ Close curtains or blinds before you switch on a lantern
- ☐ Use the back rooms in the evening
- ☐ Hang a blanket over windows that leak light
- ☐ Use the head torch's red mode – dim and easy on the eyes
- ☐ Point torches down, not at windows

WHAT YOU SHARE

- ☐ Don't post your supplies or plans on social media
- ☐ Bring deliveries and shopping in without fuss
- ☐ Keep the grab bags and stock out of sight of windows
- ☐ Only tell people who need to know

NOISE

- ☐ Keep music, TV and radios low – use earphones
- ☐ Power stations are quiet – a big plus (L3)
- ☐ Petrol generators are loud and give off carbon monoxide – outdoors only, never in a garage
- ☐ Keep pets settled and indoors

HOME & NEIGHBOURS

- ☐ Lock doors and windows before dark
- ☐ Keep a torch by the front door (L1)
- ☐ Know your neighbours now – look out for each other
- ☐ Agree a simple check-in with people you trust

 **Quiet isn't the same as unfriendly.** Checking on older or vulnerable neighbours is one of the most useful things you can do in an emergency. Share what you can spare – a hot drink or spare batteries goes a long way.



W · WATER

MAKING WATER SAFE

How much water to keep, and how to make other water safe to drink.

HOW MUCH TO STORE

3 litres

per person, per day – the minimum for drinking

10 litres

per person, per day – also covers cooking and washing

3 litres × _____ people × 3 days = _____ litres minimum

Store tap water in clean, food-grade containers with lids. Label with the date, keep cool and dark, and refresh every six months (P9). Bottled water keeps until its date.

CHOOSE YOUR SOURCE

- Use the clearest water you can find. Let cloudy water settle, then pour it through a clean cloth.
- **Never drink flood water**, even filtered – it can contain sewage and chemicals.
- For the best result, filter first, then boil or use tablets.

FIVE WAYS TO MAKE WATER SAFE

 Bottled water	Ready to drink. Your bad-day water (P1) – save it for when you're tired, ill or short of time.	Check the date. Keep it sealed, cool and dark.
 Boiling	Bring to a rolling boil , then let it cool. Store covered, in the fridge if you can.	Uses fuel or power. Doesn't remove chemicals.
 Gravity filter	Pour water in the top and let it drip through, e.g. a Berkefeld.	Clean and replace filters as the maker says.
 Portable filter	Straw or squeeze filters (LifeStraw, Sawyer) remove bacteria and parasites.	Most don't remove viruses or chemicals.
 Purification tablets	Kill bacteria and viruses. Use exactly the dose and waiting time on the pack.	Less effective against some parasites. Filter first if you can.

Boil water notice? Use cooled boiled water for drinking, brushing teeth, ice, washing salad and fruit, and pets' water. Tap water is fine for washing, bathing, laundry and cooking food that gets heated.

Babies. Make up formula with cooled boiled water. If you use bottled water, check the label: sodium under 200mg per litre, sulphate no more than 250mg per litre.



 L · POWER & LIGHT

POWER CUT CHECKLIST

Most power cuts are over in a few hours. Stay calm, stay safe and stay warm.

105 Call 105 or check online to report a power cut or find out when it will be fixed. Free, 24 hours, any network.

 FIRST 10 MINUTES

- ☐ Grab the torch – use torches, not candles
- ☐ Is it just us? Check neighbours or the street lights
- ☐ Check the trip switch in the fuse box is ON (H1)
- ☐ Call 105 to report it
- ☐ Switch off anything that shouldn't come back on by itself – cooker, iron, heaters
- ☐ Leave one light switched on so you know when power is back

 IF IT GOES ON

- ☐ Struggling? Switch to your bad-day options (P1)
- ☐ Camping stoves and barbecues: outdoors only
- ☐ Listen to local radio for updates
- ☐ Lock up before dark and keep a torch by the door
- ☐ Check medicines that need the fridge – ask a pharmacist if unsure

 NEXT FEW HOURS

- ☐ Keep the fridge and freezer shut (F1)
- ☐ Unplug TVs, computers and chargers to protect them from surges
- ☐ Heating off? Most gas boilers need power to run (H3)
- ☐ Wrap up warm and close windows and doors
- ☐ Save phone battery – low power mode, use a power bank (L2)
- ☐ Check on older or vulnerable neighbours
- ☐ Priority Services Register? Use the number they gave you

 WHEN POWER COMES BACK

- ☐ Switch appliances back on one at a time
- ☐ Check the fridge and freezer food (F1)
- ☐ Recharge torches, power banks and radios (L2)
- ☐ Reset clocks, timers and the boiler
- ☐ Restock anything you used



Fallen power lines: always treat them as live. Stay well away, keep others back, and call 105 – or 999 if anyone is in danger.



POWER, TORCH & BATTERY LOG

Know what you've got, where it is, and whether it's charged.

🔋 WHAT WE HAVE

Item	Where it's kept	Battery / charge type	Runtime	Checked	Checked	Checked
Torch						
Head torch						
Lantern						
Radio						
Power bank						
Power bank						
Power station						
Spare AA batteries						
Spare AAA batteries						

Write a date in a Checked box each time you test it or top up the charge – at least at every six-month check (P9).

Charging. Top up power banks and rechargeable torches every few months – they slowly lose charge in a drawer. Charge them fully when bad weather is forecast.

Batteries. Keep spares in their packaging, somewhere cool and dry. Don't keep them loose with coins or keys, and match spares to what each item uses. Take batteries out of torches you're storing, so they don't leak.



POWER STATIONS & SOLAR

Quiet, fume-free backup power for lights, phones and small devices.

🔋 POWER STATIONS

A big rechargeable battery with plug sockets and USB ports. No fumes, so it's safe to use indoors.

- Top it up every few months and before storms. Keep it dry, out of hot cars, and don't leave it charging overnight.
- Check the **watts** on each device's label. The station's output limit must be higher.
- Heaters, kettles and hairdryers drain it fast – save it for lights, phones, radio and medical kit.

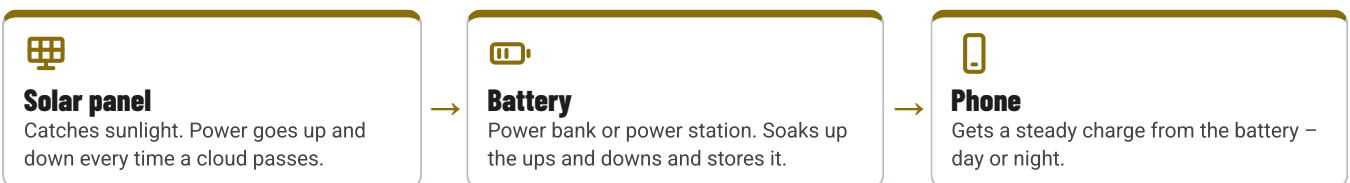
☀ SOLAR PANELS

Folding panels charge a power bank or power station in daylight. UK weather means you'll usually get well under the rated watts, and much less in winter.

- Face it south, tilted towards the sun, with no shade – and move it to follow the sun.
- Check the plug and voltage match your power station before you buy.

🔌 WHICH PANEL DO I NEED?

Panel size	Charges this battery	Example pair
Small – 20 to 30W	Personal power bank, 10,000 to 25,000mAh	Anker PS30 + Anker 20,000mAh power bank
Medium – about 100W	Small power station, around 300Wh	Renogy 100W + Anker C300X
Large – 200W or more	Big power station, 1,000Wh and up	Two 100W panels + Anker C1000



Phones charge badly straight from a panel – every cloud stops the charge. Fill a battery first. Bigger battery = bigger panel.

📅 HOW LONG WILL IT LAST?

Hours ≈ battery size (Wh) × 0.85 ÷ device watts

The 0.85 allows for energy lost converting to mains power.

Device	Uses	288Wh station (e.g. Anker C300X)	1,024Wh station (e.g. Anker C1000)
LED lamp / router	10W	about 24 hrs	about 87 hrs
Phone charges	~15Wh each	about 16	about 58
Laptop	50W	about 5 hrs	about 17 hrs
TV	80W	about 3 hrs	about 11 hrs

Rough guides only. Real runtimes depend on the device, temperature and battery age.

✍ OURS

Model	Size (Wh)	Max output (W)	Charges from	What we'll run on it

⚠ **Petrol generators are different.** They give off carbon monoxide, which can kill in minutes. Outdoors only, well away from doors and windows – never in a house, garage or shed.



F · FOOD

FRIDGE & FREEZER IN A POWER CUT

How long food stays safe, and what to eat first.

**Up to 4 hours**

Fridge stays cold – if you keep the door shut

**Up to 24 hours**

Half-full freezer stays frozen

**Up to 48 hours**

Full freezer stays frozen

These are estimates. Every opening lets the cold out, so keep both doors shut as much as you can.

EAT IN THIS ORDER

- 1 Fridge food with a use-by date**
Meat, poultry, fish, and ready-to-eat food like sandwiches, salads and cooked meats.
- 2 Other fridge food**
Anything marked “keep refrigerated”, and leftovers.
- 3 Defrosted food that doesn't need cooking**
Eat it while it's still cold.
- 4 Frozen food that needs cooking**
Cook until steaming hot all the way through.
- 5 Cupboard food – last**
Tins, pouches and dry food keep. This is your bad-day food (P1).

Don't refreeze food that has defrosted, unless you cook it first.



Take a picture. Snap a photo inside the fridge and freezer as soon as the power goes. Check the photo, not the shelves, so you don't keep opening the door.

CHECK THE TEMPERATURE

Under 8°C

Food in the fridge is OK.

8°C or above

Eat fridge food within 4 hours, or throw it away.

A cheap fridge thermometer takes the guesswork out. Normally your fridge should be 5°C or below.

COOKING WITHOUT POWER

Electric and induction hobs won't work, but a gas hob may – light it with a match if the igniter needs power. Camping stoves and barbecues work too – **outdoors only**, because of carbon monoxide.

If in doubt, throw it out.



Fill the gaps. A full freezer stays cold longer. Fill spaces with bottles of water (leave room at the top) – extra drinking water once they thaw.



F · FOOD

BUCKET PACKING GUIDE

Store dry food for the long term in sealed bags inside lidded, lined metal buckets.

WHAT GOES IN WHICH SIZE

5L**Kitchen bucket**

Sugar, salt, stock cubes, spices and seasonings.

For flavour, not meals

No absorbers needed

≈ 4kg sugar

10L**Grab-and-go**

Quick meals for a few days: pasta, rice and oats in small bags. Light to carry.

Feeds 1 for ~2 weeks

1 absorber per small bag

≈ 8kg rice

15L**Breakfast & sides**

Oats, lentils, split peas, dried beans.

Feeds 1 for ~3 weeks

Bagged, with absorbers

≈ 12kg rice

20L**Bulk staples**

White rice, pasta and dried beans in large 4-litre bags. The long-term store.

Feeds 1 for ~4 weeks

Bagged, with absorbers

≈ 16kg rice

Rough figures, based on rice and 2,000 calories a person a day. A full 20L bucket is heavy – lift carefully.

HOW TO PACK

1. Use food-safe metal buckets with a lacquered lining and a tight lid.
2. Pack dry food into Mylar bags – leave a gap at the top.
3. Add the oxygen absorber last, just before sealing. Keep spares in a sealed jar.
4. Squeeze out the air and seal with a hot iron or hair straighteners.
5. Label each bag and bucket: food, date packed, use by.
6. Store cool, dry, off the floor and away from pests. Log it on F3.

GOOD TO STORE

White rice, pasta, rolled oats, dried beans, lentils, split peas.

KEEP OUT OF SEALED BAGS

Anything moist – sealing damp food with no oxygen can let dangerous bacteria grow.

Oily food – brown rice, nuts and wholegrain flour go off sooner.

Sugar and salt – no absorber needed; sugar goes rock hard with one.

Only store what you eat. Use the oldest bucket first and replace it (F3), so nothing goes to waste. Follow the absorber maker's size chart for each bag.



5

Keep track of what you've stored, and eat it before it goes out of date.

First in, first out. Put new stock at the back, and use the oldest first.

Use by is about safety – don't eat after it. **Best before** is about quality – often fine after.

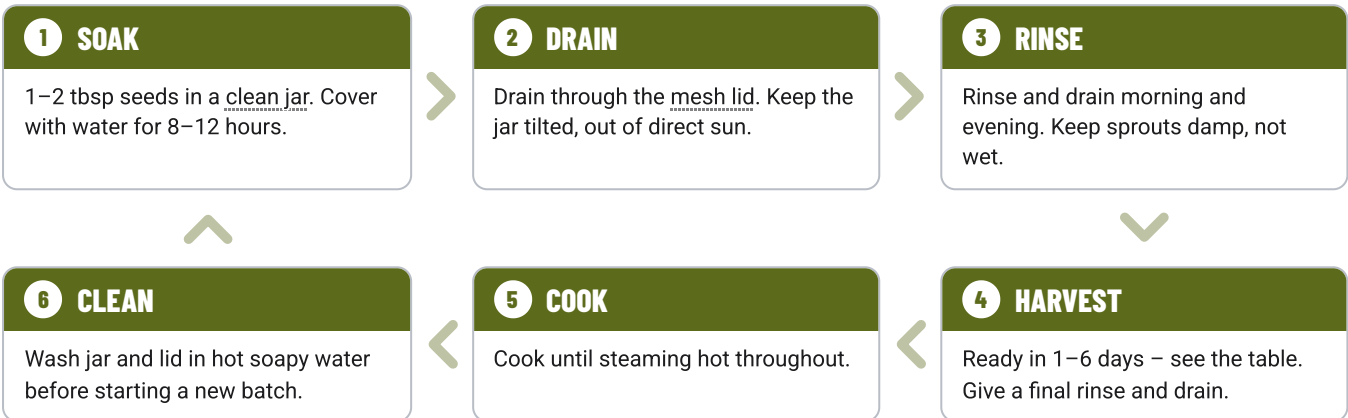
[illegible]

Include stored water, buckets (F2), tablets, batteries and medicines. Check everything at the six-month check (P9).



GROWING SPROUTS

Fresh greens from a jar when all you have is tins and packets. Practise now.



Sprouts must be cooked. Warm, damp jars can grow harmful bacteria (Food Standards Agency advice). Buy seeds sold for sprouting, not garden seeds, which may be treated with chemicals. Wash hands before handling seeds. Bin any batch that smells bad or looks slimy.

WHICH SEEDS?

Seed	Best for	Soak	Ready
Broccoli	Vitamins	8 hrs	3–5 days
Alfalfa	Vitamins	8 hrs	5–6 days
Radish	Vitamins	8 hrs	3–5 days
Fenugreek	Vitamins	8 hrs	3–5 days
Mung beans	Energy	8–12 hrs	3–5 days

Seed	Best for	Soak	Ready
Green lentils	Energy	8–12 hrs	2–4 days
Chickpeas	Energy	12 hrs	2–3 days
Adzuki beans	Energy	12 hrs	3–5 days
Sunflower (hulled)	Energy	6–8 hrs	1–2 days

Vitamins fresh greens and vitamin C **Energy** more calories and protein

Rough timings – follow your seed packet. Sprouts are a top-up, not a meal. Start a small batch every few weeks to keep seeds fresh and rotated. **Never sprout red kidney beans – toxic.**



A WEEK'S FOOD BOX

Roughly 2,000 calories a person a day, mostly no-cook. Tick as you pack.

One sturdy lidded box of food for a week, sized for 2, 4 or 6 people. Mostly food you can eat cold, so you're covered on a bad day (P1). Store the water separately.

Item	Needs	2 people	4 people	6 people
BREAKFAST				
☐ Porridge oats	Boil	700g	1.4kg	2.1kg
☐ UHT or powdered milk	Cold	4L	8L	12L
☐ Cereal bars	Cold	14	28	42
MAIN MEALS				
☐ Pasta or rice	Boil	1.4kg	2.8kg	4.2kg
☐ Pasta sauce (jar)	Cold	6	12	18
☐ Tinned meat or fish	Cold	14 tins	28 tins	42 tins
☐ Tinned beans, chilli or curry	Cold	8 tins	16 tins	24 tins
☐ Tinned soup	Cold	8 tins	16 tins	24 tins
☐ Tinned veg	Cold	8 tins	16 tins	24 tins
SNACKS				
☐ Crackers or oatcakes	Cold	4 packs	8 packs	12 packs
☐ Tinned fruit	Cold	6 tins	12 tins	18 tins
☐ Peanut butter	Cold	1 jar	2 jars	3 jars
☐ Chocolate, nuts, dried fruit	Cold	14	28	42
DRINKS				
☐ Hot chocolate or malted drink	Boil	2 tubs	4 tubs	6 tubs
☐ Squash or juice cartons	Cold	2 bottles	4 bottles	6 bottles
☐ Sugar		500g	1kg	1.5kg
 Drinking water – 3 litres each a day		42L	84L	126L

Also in the box: tin opener, camping stove and fuel, matches, spoons, bin bags, and a copy of F3 to log use-by dates.

Make it yours. Swap in food you actually eat, check for allergies, and add baby food or pet food if you need it. Rotate it – eat the oldest and replace it (F3).



FIVE USEFUL KNOTS

Five knots cover almost everything: loops, tie-offs, tarps, joining ropes and heavy loads.



SEE IT TIED

Scan for a step-by-step guide

1 Bowline

A loop that won't slip or jam. Loop round a post or tree, or a handle on a bag.

1. Make a small loop in the rope, with a long tail.
2. Push the tail up through the small loop from underneath.
3. Take it round behind the main rope.
4. Bring it back down through the small loop.
5. Hold the tail and pull the main rope tight.



SEE IT TIED

Scan for a step-by-step guide

2 Clove hitch

Quick tie to a post or rail. Tying off a line fast. Can slip if the pull keeps changing.

1. Wrap the rope round the post.
2. Cross over the first turn and wrap round again.
3. Tuck the end under the second wrap.
4. Pull both ends tight.



SEE IT TIED

Scan for a step-by-step guide

3 Taut-line hitch

A loop you can slide to tighten. Tarp and tent guy lines.

1. Pass the end round the peg.
2. Wrap it twice round the main line, working towards the peg.
3. Take it once more round the main line, outside those wraps.
4. Tuck it through and pull tight.
5. Slide the knot to tighten or loosen the line.



SEE IT TIED

Scan for a step-by-step guide

4 Sheet bend

Joins two ropes, even different thicknesses. Making a line longer.

1. Make a U-shape in the thicker rope.
2. Pass the thinner rope up through the U.
3. Wrap it round behind both sides of the U.
4. Tuck it under itself – not through the U.
5. Pull tight. Both tails should end up on the same side.



SEE IT TIED

Scan for a step-by-step guide

5 Round turn & two half hitches

Holds a heavy, steady pull. Tying to a tree, post or ring.

1. Wrap the end round the post twice.
2. Take it round the main rope and through – one half hitch.
3. Do it again the same way – two half hitches.
4. Pull tight.



Not for climbing or lifting people. Use these knots for tarps, lines and bags only. Practise until you can tie each one without looking.

