



# Power Cut Checklist (UK)

Printable one-page — keep this on your phone or print it

**Power cut? Call 105**

Free • 24/7 • Works on all UK networks

## Before (prep)

- Torch + spare batteries / lantern
- Power bank charged
- Save 105 (power cut line) + supplier number
- Know where your fuse box is (torch nearby)
- Blankets / warm layers (winter)
- Water + snacks (and a cool bag + ice packs)

## First 10 minutes

- Check neighbours / streetlights — is it just you?
- Check fuse box (trip switch)
- If area outage: call 105 (free) for updates
- Preserve phone battery (brightness down / low power mode)
- Keep fridge & freezer closed

## If it lasts longer

- Stay in one room, layer up
- Do NOT run BBQs/generators indoors (CO risk)
- Use power station for router/phones if you have one
- Check on vulnerable neighbours

## After power returns

- Check food safety (when in doubt, throw it out)
- Recharge power banks/torches
- Restock anything you used