Home Blackout Kit Checklist

A practical printable checklist for UK power cuts - from UKPrepper.life

Tick off the essentials as you build your home blackout kit. Start with lighting, charging, water, food and warmth, then add the items that fit your home, family, pets and health needs.

Lighting

- [ ] Torches
- [ ] LED lanterns
- [ ] Head torch
- [ ] Spare AA and AAA batteries
- [ ] Rechargeable batteries
- [ ] Battery organiser
- [ ] Battery candles
- [ ] Glow sticks, optional
- [ ] Torch near each bed
- [ ] Torch near the consumer unit
- [ ] Torch near the front door

Communication and Charging

- [ ] Charged power banks
- [ ] Charging cables for all phones
- [ ] Car charger, if you have a car
- [ ] Battery or wind-up radio
- [ ] Spare batteries for radio
- [ ] Notebook and pen
- [ ] Printed emergency contact numbers
- [ ] Printed power cut reporting details
- [ ] Small cable pouch
- [ ] Useful numbers saved on paper

Water

- [ ] Stored drinking water
- [ ] Water for pets
- [ ] Water for baby formula, if needed
- [ ] Food-safe water containers
- [ ] Labelled tap water containers, if used
- [ ] Water purification tablets, optional
- [ ] Cup or bottle for each person
- [ ] Small amount of water kept upstairs, if useful

Home Blackout Kit Checklist

Food, warmth and medical essentials

Food and Cooking

- [ ] No-cook food
- [ ] Tinned meals
- [ ] Tinned fish or meat
- [ ] Baked beans or pulses
- [ ] Crackers or oatcakes
- [ ] Cereal or porridge pots
- [ ] UHT milk
- [ ] Long life juice
- [ ] Snacks and cereal bars
- [ ] Manual tin opener
- [ ] Thermal flask
- [ ] Camping stove, if suitable
- [ ] Fuel stored safely
- [ ] Matches or lighter
- [ ] Cool box, if useful
- [ ] Baby food, if needed
- [ ] Pet food, if needed

Warmth and Comfort

- [ ] Blankets
- [ ] Sleeping bags
- [ ] Warm socks
- [ ] Hats
- [ ] Gloves
- [ ] Thermal layers
- [ ] Hot water bottles
- [ ] Hand warmers
- [ ] Draught excluder
- [ ] Extra jumpers
- [ ] Books, cards or simple games
- [ ] Comfort item for children

First Aid and Medication

- [ ] First aid kit
- [ ] Plasters
- [ ] Sterile dressings
- [ ] Bandages
- [ ] Antiseptic wipes
- [ ] Tweezers
- [ ] Medical tape
- [ ] Disposable gloves
- [ ] Pain relief, if normally used
- [ ] Prescription medication list
- [ ] Allergy information
- [ ] Spare glasses
- [ ] Contact lens supplies
- [ ] Hearing aid batteries
- [ ] Digital thermometer
- [ ] Details for GP and pharmacy

Home Blackout Kit Checklist

Household, hygiene and family extras

Hygiene and Sanitation

- [ ] Wet wipes
- [ ] Hand sanitiser
- [ ] Toilet roll
- [ ] Kitchen roll
- [ ] Bin bags
- [ ] Nappy bags
- [ ] Nappies, if needed
- [ ] Period products
- [ ] Disposable gloves
- [ ] Washing-up bowl
- [ ] Basic cleaning spray
- [ ] Toothbrush and toothpaste
- [ ] Tissues

Household Safety and Information

- [ ] Carbon monoxide alarm
- [ ] Fire blanket
- [ ] Small amount of cash
- [ ] Copies of key information
- [ ] Insurance details
- [ ] School and work contacts
- [ ] Vet details
- [ ] Neighbour contact numbers
- [ ] Basic consumer unit instructions
- [ ] Stopcock location note
- [ ] Spare keys, if useful
- [ ] Whistle, optional

Pets and Family Extras

- [ ] Pet food
- [ ] Pet water
- [ ] Pet medication
- [ ] Lead, harness or carrier
- [ ] Poo bags or litter
- [ ] Pet blanket
- [ ] Vet phone number
- [ ] Baby formula or ready-to-feed milk
- [ ] Children's snacks
- [ ] Children's torch or night light
- [ ] Activities for children
- [ ] Supplies for elderly or vulnerable relatives

Kit Review

- [ ] Last checked: _____
- [ ] Next check due: _____
- [ ] Power banks charged: Yes / No
- [ ] Batteries checked: Yes / No
- [ ] Food and water rotated: Yes / No
- [ ] Contact numbers updated: Yes / No

Notes