ravi8

UK EDITION · 2026

The Ready *Household*

A calm, practical emergency planner for UK homes



THIS PLAN BELONGS TO

_____

Household / address

Last reviewed _____

Ink-saver edition · Print-friendly A4 · Aligned with UK Government Be Ready guidance (formerly Prepare)

Published by Ravi Sandhu · ravi8.me

Start *here*

5 things in 20 minutes. Do these today; the rest can wait.

You do not need to fill in the whole planner to be better prepared. These five jobs cover the things people most often wish they had known. Tick each one as you go.

1 **Save the key numbers** — 3 MIN ☐

Put **105** (power cut; 03457 643643 in Northern Ireland), **0800 111 999** (gas emergency; 0800 002 001 in Northern Ireland), **0345 988 1188** (Floodline) and **111** in everyone's phone. Full list on page 7.

2 **Find your load block letter** — 3 MIN ☐

Look it up at **powercut105.com** or on your electricity bill and write it here and on page 7.

3 **Find the stopcock and fuse box** — 5 MIN ☐

Walk to them now. Check the stopcock turns and note which switch on the fuse box is the main switch (page 9).

4 **Agree two meeting points** — 4 MIN ☐

One just outside your home, one out of the area, plus an out-of-area contact everyone has saved (page 10).

5 **Sign up for what applies to you** — 5 MIN ☐

Free flood warnings: **gov.uk/get-flood-warnings**. Priority Services Register if anyone is eligible (page 48). Deaf or speech impaired: register for emergencySMS by texting "register" to 999.

Our load block letter _____ **Date we did this** _____

Bonus 1-minute job: put one torch in a fixed spot everyone knows. Torches are safer than candles in a power cut (gov.uk Be Ready). Then, when you have 45 minutes, start Section 1.

Welcome

Read this first. It takes two minutes.

Most emergencies in the UK are **inconvenient rather than dramatic**: a power cut on a winter evening, a burst main, a storm that closes the roads, a hot week that's hard on older relatives. This planner helps your household get organised calmly, in a few short sessions, so you know exactly what to do and where everything is.

Why now? The UK Government is encouraging households across the UK to be ready for emergencies, from severe weather to cyber attacks (GOV.UK, 22 October 2026; beready.campaign.gov.uk). This planner is independent and not affiliated with the UK Government.

How to use this planner

1. **Fill in Section 1 together**
   Household details, numbers, meeting points. About 45 minutes.
2. **Walk round your home**
   Use the room-by-room audit. Fix the quick wins on the spot.
3. **Build your kit slowly**
   Use the shopping list tiers. Add one or two items to each weekly shop.
4. **Read the playbooks**
   Eight scenarios, each with a one-page fridge summary to print.
5. **Review twice a year**
   When the clocks change in March and October.

Type or write

Every line and box in this PDF is a fillable field: open it in Adobe Acrobat Reader, Apple Preview, Edge or Chrome, type, and save. Then **print a copy**: in a power cut, paper is what works. Keep one copy with your important documents and one in your grab bag.

A note on sources

Factual guidance is based on official UK sources: the Be Ready campaign (formerly Prepare), GOV.UK flood guidance, the NHS, the Met Office, Ofgem and the gas and electricity network operators (see Sources, page 55). Not produced or endorsed by the government. **In an emergency always follow the emergency services. If life is at risk, call 999.**

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SECTION 1

Our *Plan*

The details that matter when the lights are out and the phone is flat: who lives here, who to call, where to meet.

Our *household*

Everyone who lives here

NAME	DATE OF BIRTH	MEDICAL NEEDS / ALLERGIES	MOBILE NUMBER

Regular visitors & carers

NAME	ROLE	PHONE / WHEN THEY VISIT

Our out-of-area contact

Choose someone who lives elsewhere. If local phone lines are busy, everyone checks in with this person.

Name _____ **Phone** _____

Address _____

Our household password

Ofgem notes that Priority Services Register members can set up a password so they can check a caller is genuine. A household code word for children is also useful for unexpected pick-ups.

Code word (keep private) _____

Key UK *numbers*

Checked against official sources, October 2026

999 / 112	**Emergency services (police, fire, ambulance, coastguard)** If your own network is down, your mobile uses another network for 999/112 (Ofcom)
18000	**Relay UK emergency: from a textphone or the Relay UK app** Deaf, hard of hearing or speech impaired
Text "register" to 999	**emergencySMS: register in advance, then reply "yes"** Slower than a call: use only if you cannot make a voice call
105	**Power cut: England, Scotland, Wales (free)** Report or get updates; also fallen power lines
03457 643643	**Power cut: Northern Ireland (NIE Networks)** Report or get updates
0800 111 999	**Gas emergency: England, Scotland, Wales (24h, free)** Smell gas or suspect carbon monoxide (National Gas)
0800 002 001	**Gas emergency: Northern Ireland (24h)** Smell gas (nidirect / Gas Safe Register)
0345 988 1188	**Floodline: 24h (England, Scotland, Wales)** Sign up for flood warnings; textphone 0345 602 6340
111	**NHS 111** Urgent medical help that is not life-threatening
101	**Police non-emergency** Report something that is not an emergency

Sources: beready.campaign.gov.uk (105, NI power cut line); gov.uk/get-flood-warnings (Floodline); nationalgas.com/emergency-contacts; nidirect.gov.uk (NI gas 0800 002 001); nhs.uk (111); relayuk.bt.com (18000, emergencySMS); ofcom.org.uk (999/112 on other networks). If 999 will not connect, try 112, and move outdoors or to higher ground for signal (GOV.UK).

• Our power cut "load block" letter

In the unlikely event of a national energy shortage, rota power cuts could be scheduled area by area for about three hours at a time. Find your letter at powercut105.com or on your electricity bill (gov.uk Be Ready).

OUR LETTER

• Other useful local numbers

Local contacts *& utilities*

Fill once, update at each review

CONTACT	NAME	PHONE / WEBSITE
Electricity supplier		
Electricity network operator (DNO)		
Gas supplier		
Water company		
Broadband / landline provider		
Mobile network(s)		
Home insurer + policy no.		
Car insurer + breakdown cover		
Landlord / letting agent		
Local council		
GP surgery		
Pharmacy		
Dentist		
Vet		
School / nursery		
Workplace(s)		
Trusted neighbour		
Key holder		
Plumber / electrician		
Local radio station + frequency		

Shut-offs *& meters*

Our home: know where they are before you need them

Water stopcock

Often under the kitchen sink, or where the pipe enters the house.

Location _____

Checked _____

Outside water valve

Usually under a small cover in the pavement or driveway.

Location _____

Checked _____

Fuse box / consumer unit

Note which switch is the main switch. Label circuits.

Location _____

Checked _____

Gas meter & shut-off lever

National Gas: turn off at the meter control handle, unless the meter is in a cellar.

Location _____

Checked _____

Electricity meter

Note the meter number: your supplier may ask for it.

Location _____

Checked _____

Smoke alarms (each floor)

Test monthly.

Location _____

Checked _____

Carbon monoxide alarm(s)

Near boilers, fires and stoves. Test monthly.

Location _____

Checked _____

Fire blanket / extinguisher

Location _____

Checked _____

Torches

Location _____

Checked _____

Spare keys

Location _____

Checked _____

- **How to turn things off** (write it in your own words)

_____

_____

_____

Meeting points *& comms*

If we are apart and cannot get in touch

Prepare (gov.uk) suggests agreeing a meeting point that is easy to find and open to the public, or a family member's home if it is safe. Agree a time window too, e.g. "on the hour, every hour".

1 Just outside our home (e.g. fire)

Place _____

Address / what3words _____

2 In our neighbourhood

Place _____

Address / what3words _____

3 Out of the area

Place _____

Address / what3words _____

• Our communication plan

- [ ] Everyone has the out-of-area contact saved and written on their wallet card
- [ ] Children know a grown-up's number by heart
- [ ] We agree: if phones are down, we go to meeting point 2 and wait until the next hour mark
- [ ] We have a battery or wind-up radio and know our local station
- [ ] School/nursery pick-up plan agreed with a trusted adult

• Who collects whom

_____

_____

Medical *information*

Paper copies matter when devices are off

PERSON	MEDICINE	DOSE	WHEN	REPEAT DUE

• Medical devices & support

Prepare advises keeping a paper copy of any medical device instructions and charging backup batteries. If you rely on powered equipment, join the Priority Services Register (page 48).

PERSON	DEVICE	BACKUP PLAN / BATTERY LIFE / SUPPLIER PHONE

• NHS numbers & GP

PERSON	NHS NUMBER	ALLERGIES / BLOOD GROUP

Important *documents*

Know where originals are; keep copies elsewhere

DOCUMENT	ORIGINAL KEPT	COPY KEPT	CHECKED
Passports			
Driving licences			
Birth, marriage, civil partnership certificates			
Home insurance policy			
Car insurance & breakdown cover			
Life / health insurance			
Mortgage or tenancy agreement			
Bank & building society details			
Pension details			
Wills & power of attorney			
Prescriptions & NHS numbers			
Vet records & microchip numbers			
Photos / video of home contents (for insurance)			
Spare cash in small notes			

Tip: take photos of each room and open cupboards once a year and store them off-site (e.g. cloud storage). Insurers often ask for evidence of what you owned.

SECTION 2

Home *& Kits*

A 30-minute walk round your home, then a kit you build gradually, not a panic buy.

Recommended *kit*

Products checked on 28 October 2026

STARTER	**Wind-up / solar radio** Solarbaby wind-up/solar AM/FM radio with torch & 2000mAh power bank. Works without batteries or mains; built-in torch and small power bank.	£20.94
STANDARD	**DAB+/FM wind-up radio** NEDIS DAB+/FM wind-up & solar radio with torch & 2500mAh power bank. Crank or solar charging.	£64.63
ALL TIERS	**Head torches (2-pack)** Blukar rechargeable head torch, 2-pack. Hands-free light for every bedside and the grab bag; USB rechargeable.	£17.99
PLUS	**Rechargeable metal torch** Energizer Vision HD rechargeable metal torch. A bright main torch for the kitchen drawer or the car.	£35.88
STANDARD	**20,000mAh power bank** Anker Zolo 20,000mAh 30W power bank. Several phone charges; keep it topped up monthly.	£28.99
STARTER / GRAB BAG	**74-piece first aid kit** Mini First Aid family kit, 74 pieces. Compact kit for the grab bag or car.	£13.99
STANDARD	**115-piece family first aid kit** Mini First Aid family kit, 115 pieces. Fuller kit for the home 72-hour kit.	£26.99
PLUS	**EcoFlow RIVER 3 (245Wh)** Portable power station for phones, lights, router and small devices.	£239.00
PLUS (ALTERNATIVE)	**BLUETTI AC70 (768Wh)** Larger capacity for longer cuts; LiFePO4 battery, about 10kg.	£499.00

Prices were correct on 28 October 2026 and change often; check the retailer before buying. You do not need any of these exact products. Batteries, water, tin openers and similar basics: buy whatever suits you. Totals and tiers: page 20.

Room-by-room *audit*

Walk, tick, fix the quick wins

Kitchen

- [ ] Manual tin opener in a drawer you can find in the dark
- [ ] Fire blanket mounted near (not above) the hob
- [ ] Stopcock located and turns freely
- [ ] Fridge thermometer: fridge 0–5°C, freezer around -18°C (Food Standards Agency)
- [ ] Gas appliances serviced by a Gas Safe registered engineer
- [ ] Carbon monoxide alarm fitted if you have gas appliances

Living room

- [ ] Torch kept in one fixed spot
- [ ] Battery or wind-up radio + spare batteries
- [ ] Blankets and warm layers accessible
- [ ] Curtains thick enough to keep heat in (or thermal blinds)
- [ ] Chargers and power banks in one drawer

Notes from this walk-round

Room-by-room *audit*

Walk, tick, fix the quick wins

Bedrooms

- [ ] A torch or head torch by each bed
- [ ] Escape route clear; windows open; keys near window locks
- [ ] Slippers/shoes by the bed
- [ ] Children know two ways out
- [ ] Night light or torch for little ones

Bathroom

- [ ] Medicines in date and out of reach of children
- [ ] First aid kit stocked (see 72-hour kit)
- [ ] Spare toilet roll, wet wipes, hand sanitiser
- [ ] Bucket for flushing with stored water if mains water is off

Notes from this walk-round

Room-by-room *audit*

Walk, tick, fix the quick wins

Hall, stairs & landing

- [ ] Working smoke alarm on every floor: test monthly
- [ ] Keys kept on a hook by the door
- [ ] Stairs and hallways clear of clutter
- [ ] Grab bag stored near the exit

Garage, garden & loft

- [ ] Garden furniture, trampolines and bins can be tied down or brought in
- [ ] Gutters and drains clear before winter
- [ ] Loft pipes and water tank lagged
- [ ] Outside taps insulated
- [ ] Sandbags or flood products if you are in a flood risk area

Quick wins to fix this week

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

72-hour *home kit*

Enough for everyone at home for about three days

Water

- [ ] Bottled water: at least 2.5–3 L per person per day (WHO minimum, quoted by gov.uk Be Ready)
- [ ] Extra for pets, formula and medical devices

Food

- [ ] Ready-to-eat tins (meat, fish, beans, fruit, veg)
- [ ] Manual tin opener
- [ ] Long-life snacks: crackers, oatcakes, nut butter, dried fruit
- [ ] Ready-to-feed baby formula if needed
- [ ] Pet food

Light & power

- [ ] Battery or rechargeable torch per person
- [ ] Spare batteries (labelled with date)
- [ ] Charged power bank(s) + cables
- [ ] Backup battery for medical equipment

Information

- [ ] Battery or wind-up radio
- [ ] Paper copy of this plan and numbers
- [ ] Some cash in small notes

First aid & hygiene

- [ ] First aid kit: plasters, bandages, dressings, tape, gloves, tweezers, thermometer, antiseptic, eyewash
- [ ] Several days of regular medication
- [ ] Hand sanitiser, wet wipes, bin bags

Warmth

- [ ] Blankets or sleeping bags
- [ ] Foil emergency blankets
- [ ] Warm layers, hats, gloves

Based on the kit list at beready.campaign.gov.uk. Be Ready suggests building it over time rather than buying everything at once.

Where our kit is kept

Grab *bag*

If you are asked to leave home quickly

Prepare calls this a "grab bag": a spare bag with items you might need if asked to leave home. **If you are escaping a fire, do not take anything: just get out.**

- [ ] Copies of ID, insurance, prescriptions in a waterproof pouch
- [ ] Cash in small notes + a bank card
- [ ] Spare house and car keys
- [ ] Phone charger, cable and charged power bank
- [ ] Medication for several days
- [ ] Glasses / contact lenses / hearing aid batteries
- [ ] Small first aid kit
- [ ] Water bottle and snacks
- [ ] Torch or head torch
- [ ] Change of clothes, warm layer, waterproof
- [ ] Toiletries, sanitary products, wet wipes
- [ ] Baby items: nappies, ready-to-feed formula
- [ ] Pet lead, food, carrier, vet details
- [ ] A comfort item and a book or game for children
- [ ] Notebook and pen
- [ ] Copy of this plan and wallet cards
- [ ] Face masks and hand sanitiser
- [ ] Reading glasses / spare pair

BAG BELONGS TO	KEPT WHERE	LAST CHECKED

• Extra items for our household

Shopping list *& budget*

Real UK prices, checked 28 October 2026

Prices from the product pages on amazon.co.uk and uk.ecoflow.com, opened on 28 October 2026. Prices and stock change: treat them as a guide to what each tier costs, then buy whatever brand suits you. You do not need any of these exact products.

ITEM	STARTER ~£53	STANDARD ~£139	PLUS ~£413
Radio	Solarbaby wind-up/solar radio **£20.94**	NEDIS DAB+/FM wind-up radio **£64.63**	NEDIS DAB+/FM wind-up radio **£64.63**
Torch	Blukar head torch 2-pack **£17.99**	Blukar head torch 2-pack **£17.99**	Blukar 2-pack £17.99 + Energizer Vision HD torch **£35.88**
Power bank	None (radio has a small built-in one)	Anker Zolo 20,000mAh **£28.99**	Anker Zolo 20,000mAh **£28.99**
First aid	Mini First Aid 74-piece kit **£13.99**	Mini First Aid 115-piece kit **£26.99**	Mini First Aid 115-piece kit **£26.99**
Backup power	None	None	EcoFlow RIVER 3 245Wh **£239.00**
Water & tins	From your weekly shop	From your weekly shop	From your weekly shop

Totals use the prices shown: **Starter £52.92 · Standard £138.60 · Plus £413.48** (excludes water and food). Plus-tier alternative: BLUETTI AC70 768Wh, £499 on bluettipower.co.uk (checked 28 October 2026). Blukar head torches showed £15.99 with Prime.

Our shopping plan

ITEM	BUDGET	BOUGHT	WHERE STORED

Water storage *plan*

Work out what your household needs

The guideline: gov.uk Be Ready (formerly Prepare) quotes the World Health Organisation minimum of **2.5–3 litres per person per day** for survival, and about **10 litres per person per day** to cover basic cooking and hygiene. Extra water may be needed for baby formula, medical devices and pets.

A	**People in our home**	
B	**Days to cover (we suggest 3)**	
C	**Litres per person per day (3 minimum, 10 comfortable)**	
D	**Total litres = A × B × C**	
E	**Extra for pets / formula / devices**	
●	**Our target (D + E)**	

Storing water well

- [ ] Buy sealed bottled water and keep it somewhere cool and dark
- [ ] Note the best-before date and rotate it into everyday use
- [ ] A few large bottles are easier to carry than one big container
- [ ] Keep a bucket aside for flushing the toilet with non-drinking water

WHERE STORED	LITRES	BEST BEFORE	ROTATED ON

Pantry *rotation*

First in, first out: nothing wasted

Store what you already eat. When you buy a new tin, put it at the back and use the oldest first. Check dates at each 6-month review.

ITEM	QTY	BEST BEFORE	STORED	USED	REPLACED

Food Standards Agency: "best before" is about quality; "use by" is about safety. Never eat food after its use-by date.

3-day *no-cook* meals

Simple, familiar food: no hob, no microwave

DAY 1	**Breakfast**	Cereal with UHT / long-life milk
	Lunch	Tinned tuna or chicken, crackers, tinned sweetcorn
	Dinner	Fridge food first: cheese, cooked meats, salad, bread
	Snacks	Fruit, cereal bars

DAY 2	**Breakfast**	Oatcakes with nut butter, tinned fruit
	Lunch	Three-bean salad from tins with oil and vinegar
	Dinner	Tinned mackerel or sardines, crackers, tinned potatoes
	Snacks	Dried fruit, nuts (check allergies)

DAY 3	**Breakfast**	Cereal bars, long-life juice
	Lunch	Tinned soup eaten cold or chickpeas with crackers
	Dinner	Tinned meat or beans, tinned carrots, crispbreads
	Treat	Chocolate, biscuits: morale matters!

Our tip for a power cut: eat fridge food first, then freezer, then cupboard. Keep fridge and freezer doors shut (gov.uk Be Ready). GOV.UK: fridge food is safe for up to 4 hours with the door closed; after more than 4 hours without power, throw it away.

• Our family favourites / allergies to plan around

Car *kit*

For winter journeys and being stuck in traffic

Prepare (gov.uk) suggests packing a few essentials in the car boot in case you get stuck in wintry weather.

- [ ] Torch (and spare batteries)
- [ ] In-car phone charger
- [ ] Warm clothes and blankets
- [ ] High-visibility clothing
- [ ] Jump leads
- [ ] Food and drink
- [ ] Shovel for snow
- [ ] First aid kit
- [ ] Ice scraper and de-icer
- [ ] Breakdown cover number
- [ ] Paper map of your area
- [ ] Screen wash topped up

Before a winter journey

- [ ] Check the Met Office forecast and any weather warnings
- [ ] Tell someone your route and expected arrival time
- [ ] Fuel or charge above half
- [ ] Phone charged

VEHICLE	BREAKDOWN PROVIDER	POLICY NUMBER	KIT LAST CHECKED

Notes

SECTION 3

Scenario *Playbooks*

Eight common UK situations. Each has before, during and after steps, then a one-page summary to stick on the fridge.

Power cut *(short)*

A few minutes to a few hours

BEFORE

- [ ] Keep a torch and spare batteries where you can find them in the dark: torches are safer than candles
- [ ] Save 105 in your phone and write it down (03457 643643 in NI)
- [ ] Find your load block letter at powercut105.com
- [ ] Charge power banks monthly
- [ ] Ask your landline provider whether your phone or telecare works in a power cut
- [ ] Join the Priority Services Register if eligible

DURING

- [ ] Check whether neighbours are affected; if not, check your fuse box / trip switch
- [ ] Report it on your network operator's website, or call 105
- [ ] Turn off ovens, irons, electric fires and fryers
- [ ] Unplug TV and computer (they can be damaged by a surge)
- [ ] Leave one light switched on so you know when power returns
- [ ] Keep fridge and freezer doors shut; close curtains and doors to keep heat in
- [ ] Stay away from fallen power lines: they can be live

AFTER

- [ ] Reset clocks, boiler timers and alarms
- [ ] Check fridge food: if in doubt, throw it out
- [ ] Recharge torches and power banks; restock batteries
- [ ] Check on vulnerable neighbours

Source: beready.campaign.gov.uk: Power cuts

Our household notes for this scenario

IF THIS HAPPENS

Power cut *(short)*

1. **Torch, not candles**
2. **Check neighbours / fuse box**
3. **Report: website or call 105**
4. **Switch off & unplug; one light on**
5. **Keep fridge & freezer shut; keep warm**

KEY NUMBERS

Emergency 999 · Power cut 105 · NHS 111 · Gas 0800 111 999
Floodline 0345 988 1188 · Police non-emergency 101

Our torch / kit is kept _____

Our contact / meeting point _____

Life at risk: call 999. Follow the emergency services.

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Power cut *(multi-day)*

After storms or major network damage

BEFORE

- [ ] Hold water and no-cook food for at least three days
- [ ] Battery or wind-up radio with spare batteries
- [ ] Warm bedding and layers for everyone
- [ ] Some cash: card machines and cash machines may not work
- [ ] Backup power for any medical equipment; know your supplier's helpline
- [ ] Know your network operator's website and social media

DURING

- [ ] Report once on 105, then follow updates by radio or your operator's website
- [ ] Make one room the warm room; close doors to unused rooms
- [ ] Never use a barbecue, camping stove, patio heater or generator indoors (carbon monoxide)
- [ ] Our tip: eat fridge food first, then freezer, then cupboard
- [ ] Check on vulnerable neighbours daily
- [ ] Ask your network operator what welfare support is available locally

AFTER

- [ ] Fridge food: safe for up to 4 hours with the door kept shut; after more than 4 hours without power, throw it away (GOV.UK)
- [ ] Freezer off for more than 4 hours: throw food away. Meat and fish still below 8°C can be refrozen or cooked (GOV.UK)
- [ ] Photograph any damage and contact your insurer
- [ ] Note what you ran short of; add it to your kit
- [ ] Refill water and replace used food

Sources: beready.campaign.gov.uk; GOV.UK flood recovery food guidance; Energy Networks Association

Our household notes for this scenario

IF THIS HAPPENS

Power cut *(multi-day)*

1. **One warm room, layers on**
2. **No BBQs, stoves or generators indoors**
3. **Radio for updates; check 105 / operator site**
4. **Fridge food: bin after 4h without power**
5. **Check neighbours every day**

KEY NUMBERS

Emergency 999 · Power cut 105 · NHS 111 · Gas 0800 111 999
Floodline 0345 988 1188 · Police non-emergency 101

Our torch / kit is kept _____

Our contact / meeting point _____

Life at risk: call 999. Follow the emergency services.

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Flooding

Rivers, sea, groundwater and heavy rain

BEFORE

- [ ] Check your long-term flood risk on GOV.UK
- [ ] Sign up for free flood warnings: online or Floodline 0345 988 1188
- [ ] Know how to turn off gas, electricity and water
- [ ] Keep important documents in a waterproof bag, upstairs if possible
- [ ] Photograph your home contents for insurance
- [ ] Consider flood products (door barriers, air brick covers) if at risk

DURING

- [ ] Follow advice from the emergency services; call 999 if life is at risk
- [ ] Move people, pets, medicines and valuables upstairs or to higher ground
- [ ] Turn off gas, electricity and water if safe: never touch switches while standing in water
- [ ] Do not walk, cycle or drive through flood water: it can hide hazards and contain sewage
- [ ] A severe flood warning means danger to life: call 999 if you are in danger
- [ ] Keep listening to local radio; check flood warnings; report power hazards on 105

AFTER

- [ ] Return home only when told it is safe
- [ ] Do not switch on gas or electrical appliances until a Gas Safe engineer or qualified electrician has checked them
- [ ] Call your insurer first; photograph damage and ask before throwing anything away
- [ ] Wear rubber boots, waterproof gloves and a mask; wash hands; never use generators or camping stoves indoors

Sources: gov.uk/prepare-for-flooding; gov.uk/get-flood-warnings; gov.uk/help-during-flood; GOV.UK How to recover from flooding

• Our household notes for this scenario

IF THIS HAPPENS

Flooding

1. **999 if life at risk**
2. **People, pets, meds upstairs**
3. **Gas, electric, water OFF if safe**
4. **Never walk or drive through flood water**
5. **Insurer + photos before cleaning**

KEY NUMBERS

Emergency 999 · Power cut 105 · NHS 111 · Gas 0800 111 999
Floodline 0345 988 1188 · Police non-emergency 101

Our torch / kit is kept _____

Our contact / meeting point _____

Life at risk: call 999. Follow the emergency services.

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Severe *winter storm*

High winds, snow and ice

BEFORE

- [ ] Check the Met Office forecast and warnings (yellow, amber, red)
- [ ] Bring in or tie down garden furniture, bins and trampolines
- [ ] Pack the car winter kit
- [ ] Make sure you have several days of medication
- [ ] Agree check-ins with vulnerable neighbours

DURING

- [ ] Amber warning: think about changing your plans. Red: take action now and avoid travelling where possible (Met Office)
- [ ] Keep away from windows in very high winds
- [ ] If you can, heat the rooms you use regularly, such as living room and bedroom, to at least 18°C (NHS)
- [ ] Wear layers; hot drinks and regular meals help keep you warm
- [ ] If the power goes off, use the power cut playbook
- [ ] Report fallen power lines on 105: never approach them

AFTER

- [ ] Check your home and garden for damage; photograph it for insurance
- [ ] Clear paths of snow and ice if safe; check on neighbours
- [ ] Report fallen trees on roads to your council
- [ ] Restock anything you used

Sources: Met Office: weather warnings guide; NHS: keep warm in winter

Our household notes for this scenario

IF THIS HAPPENS

Severe *winter storm*

1. **Check Met Office warnings**
2. **Secure the garden**
3. **Stay in; travel only if essential**
4. **Living room & bedroom 18°C+ if you can**
5. **Fallen power line? Stay away, call 105**

KEY NUMBERS

Emergency 999 · Power cut 105 · NHS 111 · Gas 0800 111 999
Floodline 0345 988 1188 · Police non-emergency 101

Our torch / kit is kept _____

Our contact / meeting point _____

Life at risk: call 999. Follow the emergency services.

ravi8

Water *outage*

Burst mains, contamination, drought

BEFORE

- [ ] Keep bottled water: 2.5–3 L per person per day minimum
- [ ] Know your water company and where it posts updates
- [ ] Join your water company's Priority Services Register if you need extra help
- [ ] Keep hand sanitiser, wet wipes and bin bags

DURING

- [ ] Check your water company's website or social media for updates
- [ ] Use stored water for drinking first, then cooking, then washing
- [ ] Use a bucket of non-drinking water to flush the toilet
- [ ] Collect bottled water from any station your water company sets up
- [ ] Follow any "boil water" notice exactly until it is lifted
- [ ] Check on neighbours who may struggle to collect water

AFTER

- [ ] When water returns, run the cold kitchen tap until it runs clear
- [ ] Follow any extra advice from your water company
- [ ] Refill and re-date your water store

Sources: beready.campaign.gov.uk; your water company

Our household notes for this scenario

IF THIS HAPPENS

Water *outage*

1. **Check water company updates**
2. **Drink stored water first**
3. **Flush with a bucket**
4. **Follow any boil-water notice**
5. **Run cold tap until clear afterwards**

KEY NUMBERS

Emergency 999 · Power cut 105 · NHS 111 · Gas 0800 111 999
Floodline 0345 988 1188 · Police non-emergency 101

Our torch / kit is kept _____

Our contact / meeting point _____

Life at risk: call 999. Follow the emergency services.

ravi8

Heatwave

Hot spells and heat-health alerts

BEFORE

- [ ] Check the Met Office forecast and UKHSA heat-health alerts (England, mainly June–September)
- [ ] Know who is at higher risk: older people, babies and young children, people with long-term conditions
- [ ] Find the coolest room in your home
- [ ] Check you have fans and a way to shade sun-facing windows

DURING

- [ ] Stay out of the sun between 11am and 3pm; use shade, a hat and sunscreen
- [ ] Close curtains and windows on sun-facing rooms by day; open windows at night when it is cooler
- [ ] Electric fans can help if the temperature is below 35°C (NHS)
- [ ] Drink regularly; avoid alcohol, caffeine and hot drinks
- [ ] Never leave children or animals in parked cars
- [ ] Check on anyone at higher risk, especially people living alone

AFTER

- [ ] Heat exhaustion: move to a cool place, remove extra clothing, sip cool water, cool the skin. They should improve within 30 minutes
- [ ] Call NHS 111 if you are struggling to treat it
- [ ] Call 999 for signs of heatstroke: confusion, hot dry skin, fast breathing, seizure, not better after 30 minutes

Sources: NHS: heatwave; GOV.UK: Beat the heat; Met Office

Our household notes for this scenario

IF THIS HAPPENS

Heatwave

1. **Shade 11am–3pm**
2. **Curtains shut by day, windows open at night**
3. **Fans help below 35°C**
4. **Drink water; skip alcohol**
5. **Heatstroke signs? Call 999**

KEY NUMBERS

Emergency 999 · Power cut 105 · NHS 111 · Gas 0800 111 999
Floodline 0345 988 1188 · Police non-emergency 101

Our torch / kit is kept _____

Our contact / meeting point _____

Life at risk: call 999. Follow the emergency services.

ravi8

Evacuation *& grab-and-go*

When you are asked to leave home

BEFORE

- [ ] Pack a grab bag for each person (page 19)
- [ ] Agree meeting points and an out-of-area contact
- [ ] Know two routes out of your area
- [ ] Plan for pets: carrier, lead, food, and where they can stay
- [ ] Agree where you would stay: family, friends
- [ ] Keep copies of key documents in the grab bag

DURING

- [ ] Fire: get out, stay out, call 999. Do not take anything
- [ ] Follow instructions from the emergency services exactly
- [ ] Take grab bags, medication, phones, chargers and pets
- [ ] Turn off gas, electricity and water if told to and it is safe
- [ ] Lock up and tell your out-of-area contact where you are going
- [ ] If a rest centre is opened, register so people know you are safe

AFTER

- [ ] Return only when the authorities say it is safe
- [ ] Check for damage; contact your insurer
- [ ] Restock grab bags; update the plan

Sources: beready.campaign.gov.uk

Our household notes for this scenario

IF THIS HAPPENS

Evacuation *& grab-and-go*

1. **Fire? Get out, stay out, 999**
2. **Grab bags, meds, pets, phones**
3. **Utilities off if told & safe**
4. **Lock up; tell our contact**
5. **Return only when told safe**

KEY NUMBERS

Emergency 999 · Power cut 105 · NHS 111 · Gas 0800 111 999
Floodline 0345 988 1188 · Police non-emergency 101

Our torch / kit is kept _____

Our contact / meeting point _____

Life at risk: call 999. Follow the emergency services.

ravi8

No phone *or internet*

Network outage, flat battery, lost phone

BEFORE

- [ ] Write key numbers on paper (this planner and wallet cards)
- [ ] Agree "if we can't call" rules with family: meeting point and time
- [ ] Keep a battery or wind-up radio
- [ ] Ask your landline provider about a backup battery if you rely on a landline
- [ ] Deaf or speech impaired? Register for emergencySMS in advance (text "register" to 999, reply "yes")
- [ ] Emergency Alerts go to compatible phones and tablets for life-threatening situations: a loud alarm sounds even on silent

DURING

- [ ] If your provider is down, your phone automatically uses another network for 999/112. You may see "SOS only"
- [ ] If 999 will not connect, try 112; move outdoors or to higher ground
- [ ] Do not read an Emergency Alert while driving
- [ ] Save battery: low-power mode, close apps, lower brightness
- [ ] Use the radio for news
- [ ] Go to the agreed meeting point at the agreed time
- [ ] Check on vulnerable neighbours in person

AFTER

- [ ] Tell your out-of-area contact you are OK
- [ ] Recharge power banks
- [ ] Update numbers and plan with anything you learned

Sources: beready.campaign.gov.uk; gov.uk/alerts; relayuk.bt.com; Ofcom: stay connected in severe weather

Our household notes for this scenario

IF THIS HAPPENS

No phone *or internet*

1. **Numbers on paper**
2. **No signal? Still try 999, then 112**
3. **Radio for news**
4. **Meet at our point on the hour**

KEY NUMBERS

Emergency 999 · Power cut 105 · NHS 111 · Gas 0800 111 999
Floodline 0345 988 1188 · Police non-emergency 101

Our torch / kit is kept _____

Our contact / meeting point _____

Life at risk: call 999. Follow the emergency services.

ravi8

SECTION 4

People *& Pets*

Children, animals and the neighbours who might need a knock on the door.

For kids: *being ready*

Read this together. A calm explainer.

Sometimes things happen that change our normal day. The lights might go off. A big storm might blow outside. The taps might stop working for a while. These things happen to lots of families, and they get fixed.

Our family has a plan, so we always know what to do. Being ready is like packing for a trip: it means we can **stay calm and look after each other.**

If the lights go off

Stay where you are. A grown-up will get the torch. We never use candles.

If there is an emergency

Call **999**. Say your name, your address and what is wrong.

If we get split up

Go to our meeting place and wait for a grown-up you know.

If you feel worried

That is OK. Tell a grown-up. Worries shrink when we share them.

Kids activity: *my ready kit*

Tick, write and draw

Things I know

My name _____

My address _____

A grown-up's number _____

Our meeting place _____

Tick what goes in our family kit

- ☐ A torch
- ☐ A radio
- ☐ Water
- ☐ My favourite toy
- ☐ Snacks
- ☐ Spare socks
- ☐ A blanket
- ☐ A book or game

Find the words

S	P	L	A	N	W	F	D	R	S	T	T
V	W	A	T	E	R	G	L	A	N	D	S
Y	C	T	B	U	G	T	P	D	A	W	S
N	B	K	O	T	O	O	L	I	C	J	H
F	L	Y	H	C	T	R	J	O	K	R	P
K	A	O	J	U	C	C	D	R	S	N	F
K	N	E	P	N	B	H	W	C	S	T	K
K	K	Y	L	U	P	T	O	C	C	I	P
Y	E	R	E	A	D	Y	W	C	B	Y	J
V	T	T	W	C	A	L	M	O	J	Y	M
W	L	A	O	L	F	U	D	P	B	G	J
E	H	M	M	P	C	F	O	M	S	I	E

CAN YOU FIND:

- ☐ TORCH
- ☐ WATER
- ☐ RADIO
- ☐ PLAN
- ☐ BLANKET
- ☐ SNACKS
- ☐ READY
- ☐ CALM

My calm-down ideas

Deep breaths, a song, a cuddle...

Kids activity: *draw our plan*

Draw your meeting place and our kit

- **Draw our meeting place**

- **Draw what is in our emergency kit**

Pets *plan*

Animals are family too

PET NAME	TYPE	MICROCHIP NO.	FOOD & AMOUNT	MEDICATION / NEEDS

Pet kit

- [ ] Three days of food and water
- [ ] Bowls, lead, harness, carrier
- [ ] Medication and dosage notes
- [ ] Vet records & vaccination card
- [ ] Recent photo of each pet (if lost)
- [ ] Litter tray / poo bags
- [ ] Blanket or familiar toy
- [ ] Muzzle if needed

If we have to leave

Who can take our pets _____

Pet-friendly place to stay _____

Vet name & phone _____

24h emergency vet _____

Heat: never leave animals in parked cars, even on cooler days (Met Office).

Checking on *neighbours*

A knock on the door can make a big difference

Prepare (gov.uk) suggests agreeing a backup plan with anyone who may need extra support. For example, if an outage happens and you cannot call, you or another trusted person will visit them in person. **Ask first, and respect people's wishes.**

NAME	ADDRESS	PHONE	NEEDS / MEDICATION / DEVICES

NAME	CHECK-IN PLAN	KEY HOLDER	FAMILY CONTACT

When you check in

- [ ] Are they warm (or cool enough in a heatwave)?
- [ ] Do they have water, food and their medication?
- [ ] Do they have a working torch and a way to get news?
- [ ] Is any medical equipment powered or on backup?
- [ ] Would they like you to call their family?

Priority *Services Register*

Free extra help from energy & water companies

The Priority Services Register (PSR) is a free support service run by energy suppliers, network operators and water companies. According to Ofgem, you may be able to join if you are of state pension age; are pregnant or have young children; struggle to speak or read English; have a disability or long-term medical condition (including mental health conditions, sight, hearing or smell conditions, or medical equipment that needs power); or are going through a change such as recovering from an injury or a hospital stay, a bereavement or losing your job.

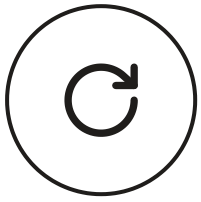
What it can include (Ofgem)

- Priority support in an emergency
- Advance notice of planned power cuts where possible
- An ID and password scheme to check callers are genuine
- Someone you nominate to receive your bills and communications
- Bills in large print or braille; regular meter readings; help moving a prepayment meter or reconnecting gas
- Water companies run their own registers: ask yours what it offers, which may include bottled water deliveries

How to register: tick as you go

	REGISTER WITH	NAME OF COMPANY	DATE	REFERENCE
☐	**Energy supplier**			
☐	**Network operator (call 105)**			
☐	**Water company**			
☐	**Gas supplier (if separate)**			

Suppliers and network operators each keep a register. With your permission your details can be shared, but if your gas and electricity come from different suppliers contact each one, and re-register if you switch. Being on the PSR does not mean your power comes back sooner; in a long cut, network operators may offer extra help such as heating, cooking or a place to stay. Sources: ofgem.gov.uk; Energy Networks Association; Energy UK.



SECTION 5

Keep It *Current*

A plan is only useful if it is up to date. Ten minutes twice a year keeps it that way.

Kit & *expiry tracker*

Batteries, food, water, medicines

ITEM	QTY	LOCATION	EXPIRES	REPLACED ON

6-month *review log*

Do it when the clocks change: March & October

Each review, check

- [ ] Phone numbers and contacts still correct
- [ ] Water and food rotated; dates checked
- [ ] Power banks charged
- [ ] Grab bag documents and clothes sizes current
- [ ] Priority Services Register details up to date
- [ ] Medication list updated
- [ ] Torches and radio tested; batteries replaced
- [ ] Smoke and CO alarms tested
- [ ] Everyone remembers the meeting points

DATE	DONE BY	WHAT WE CHANGED

Lessons *learned*

After any incident, write down what worked

- **What happened & when**

- **What worked well**

- **What we wished we had**

- **Changes we will make**

Wallet *cards*

Print, cut out, fold and keep in purse or bag

IN AN EMERGENCY ravi8

Name _____

ICE contact _____

ICE phone _____

Medical / allergies _____

Meeting point _____

KEY UK NUMBERS

Emergency	999
Power cut	105
Gas emergency	0800 111 999
NHS	111
Floodline	0345 988 1188
Police (non-emerg.)	101

KEY UK NUMBERS

Emergency	999
Power cut	105
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IN AN EMERGENCY ravi8

Name _____

ICE contact _____

ICE phone _____

Medical / allergies _____

Meeting point _____

IN AN EMERGENCY ravi8

Name _____

ICE contact _____

ICE phone _____

Medical / allergies _____

Meeting point _____

KEY UK NUMBERS

Emergency	999
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KEY UK NUMBERS

Emergency	999
Power cut	105
Gas emergency	0800 111 999
NHS	111
Floodline	0345 988 1188
Police (non-emerg.)	101

IN AN EMERGENCY ravi8

Name _____

ICE contact _____

ICE phone _____

Medical / allergies _____

Meeting point _____

OUR HOME

Emergency *plan*

Stay calm. Check on each other. Follow official advice.

Power cut

Torch, not candles. Report on 105.

Flood

People & pets upstairs. Never enter flood water.

Storm

Stay in. Secure the garden.

Water off

Drink stored water. Follow notices.

Heatwave

Shade 11–3. Curtains by day.

Leave home

Fire? Get out, stay out, call 999.

KEY NUMBERS

999 Emergency	**105** Power cut	**111** NHS
0800 111 999 Gas	**0345 988 1188** Floodline	**101** Police

Meeting point near home _____

Meeting point out of area _____

Out-of-area contact & phone _____

Torch & kit kept _____

Stopcock / fuse box / gas meter _____

Our load block letter _____

Sources: beready.campaign.gov.uk, gov.uk, nationalgas.com, nhs.uk

Sources

Where the facts in this planner come from

UK Government Be Ready campaign (formerly Prepare)

beready.campaign.gov.uk: emergency kit, grab bag, power cuts, household plan, meeting points, car kit, load blocks, water quantities

GOV.UK flood warnings & prepare for flooding

gov.uk/get-flood-warnings; gov.uk/prepare-for-flooding: Floodline 0345 988 1188, textphone 0345 602 6340

GOV.UK flooding

gov.uk/help-during-flood; gov.uk "How to recover from flooding": safety, insurers, food after power loss

GOV.UK Emergency Alerts

gov.uk/alerts: life-threatening emergencies; loud alarm even on silent; English (and Welsh in Wales)

National Gas

nationalgas.com/emergency-contacts: gas emergency 0800 111 999, 24h, free; turn off at meter unless in cellar

Northern Ireland

nidirect.gov.uk: gas emergency 0800 002 001; NIE Networks 03457 643 643

Ofcom

ofcom.org.uk: stay connected in severe weather; 999/112 use another network if yours is down; landline power-cut protection

Relay UK / emergencySMS

relayuk.bt.com: 18000 and emergencySMS (register by texting "register" to 999, reply "yes")

NHS

nhs.uk: heatwave, how to cope in hot weather; heat exhaustion and heatstroke; keep warm guidance

GOV.UK / UKHSA

Beat the heat: staying safe in hot weather; heat-health alerts

Met Office

metoffice.gov.uk: weather warnings guide (yellow, amber, red); heat-health alerts

Ofgem / ENA / Energy UK

ofgem.gov.uk: join your supplier's Priority Services Register; energynetworks.org; energy-uk.org.uk

Food Standards Agency

food.gov.uk: fridge 0–5°C, freezer −18°C, best before vs use by

Products & prices

amazon.co.uk product pages and uk.ecoflow.com, opened 28 October 2026. BLUETTI AC70 price from bluettipower.co.uk product data, 28 October 2026.

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