GET PREPPED NOW

OFFLINE RESILIENCE HANDBOOK

UK practical guidance | Free reference edition v12.21.16

Compiled 13 October 2026 from 25 Get Prepped Now offline guides. Each chapter retains its own source references and editorial review information.

Important: This handbook is static guidance, not live incident information. When available, follow current instructions from UK emergency services, public authorities and utility providers.

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Contents

1. The UK 72-Hour Emergency Kit
2. Emergency Communications for UK Households
3. Emergency Cooking and Carbon Monoxide Safety
4. Emergency Sanitation During a Water or Power Outage
5. Emergency Shelter and Exposure: Stay Warm, Dry and Safe
6. Food Safety During a Power Cut
7. Getting Found Outdoors : Location, 999 and Emergency Signals
8. How to Make a Household Emergency Plan
9. Keeping Warm During a Winter Power Cut
10. Navigation When Your Phone Fails: Map, Compass and Grid Reference Basics
11. The Priority Services Register: Who It Helps and How to Join
12. Survival Priorities: What to Do First When Things Go Wrong
13. What to Do During a UK Power Cut
14. How Much Water Should a UK Household Store?
15. Understanding UK Weather Warnings and Emergency Alerts
16. Power Budgeting for Essential Electronics

17. Solar + Battery Power for Essential Electronics
18. Local Network Without Internet
19. Build a Small Offline Information Server
20. Mesh + Resilient Local Communications
21. First Aid When Help May Be Delayed
22. Medical Continuity During Disruption
23. Water Treatment + Emergency Sanitation
24. Household Utility Isolation + Basic Damage Control
25. Recovery After Disruption

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OFFLINE RESILIENCE GUIDE // UK EDITION

The UK 72-Hour Emergency Kit

A practical home kit for the first few days of a power cut, water outage or severe-weather disruption. Built from UK Government preparedness guidance rather than a product checklist.

8 MIN | UPDATED 25 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. Keep the basics together where you can find them in the dark.
2. Plan drinking water for every person, plus extra for pets, medical needs and cooking.
3. Use torches rather than candles. Keep a charged power bank and a battery or wind-up radio.
4. Choose food that can be eaten without cooking and keep a manual tin opener.
5. Keep regular medication, paper contacts and device instructions easy to reach.

> **IMPORTANT**
> This is practical preparedness information, not emergency instruction. During an incident, follow current advice from emergency services, your utility provider and relevant public authorities.

Start with what fails first

An emergency kit is not a box of unusual gadgets. It is a small buffer against ordinary services being unavailable for a while. The Government Prepare campaign suggests thinking about supplies for an emergency lasting a few days. This site uses 72 hours as a simple planning baseline, not as a UK Government minimum.

Power, water, communications and normal shopping routines can fail together. A torch is useful because the lights are off. A radio is useful because broadband may be down. Bottled water matters because some incidents can disrupt the mains water supply. The kit should cover those dependencies first.

What belongs in the core kit

A sensible first layer is simple: a battery or wind-up torch, spare batteries, a power bank, a battery or wind-up radio, first-aid supplies, hand sanitiser or wipes, bottled water and food that does not need cooking. Add a manual tin opener if tins are part of the food plan.

Keep paper copies of important phone numbers, medication details and any instructions for medical equipment. If somebody in the household relies on powered medical equipment, the equipment plan matters more than a larger general-purpose battery. Speak to the care team or equipment provider about outage arrangements.

Water sets the size of the kit

UK Prepare cites a World Health Organization minimum survival reference of 2.5 to 3 litres of drinking water per person per day. It also notes that around 10 litres per person per day provides more room for basic cooking and hygiene. A household of four therefore needs at least 30 to 36 litres just for three days of drinking water, before pets or special requirements are counted.

Do not make filtration your only water plan. Stored, sealed drinking water is immediately usable. A filter or treatment product is a backup layer for a situation where the normal supply is unavailable and you have an appropriate alternative source.

Where to keep it

The best kit is one you can reach without hunting through cupboards in the dark. Keep the core items together, but do not create one heavy container that nobody can move. Water is usually better split into manageable containers.

Check the kit every few months. Recharge power banks, test torches and radios, rotate food you already eat, check battery dates and update paper contact details. This turns preparedness into maintenance rather than a one-off purchase.

Do not overbuy

Build the essential layer first. A large power station or solar panel can be useful later, but neither replaces water, light, food, warmth, information or a plan. Spend first on the things that solve common short outages and still have a normal household use.

Useful kit for this plan

Equipment should support the plan, not replace it. The commercial catalogue is kept on a separate page.

KIT IS KEPT SEPARATE
Named products and Amazon UK affiliate links are kept on the dedicated KIT page so this guide remains editorial. Use the kit only after the plan identifies a genuine equipment gap.

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Sources checked for this guide

We use public sources for the factual backbone and write the guide in our own words. Source pages can change, so the links below are the place to check current official advice.

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Get prepared for emergencies

Household planning, emergency supplies, paper contacts, water, food, torches, power banks and radios.

https://prepare.campaign.gov.uk/get-prepared-for-emergencies/

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Power cuts

Practical actions before and during a power cut, including 105 and communications planning.

https://prepare.campaign.gov.uk/be-informed-about-hazards/power-cuts/

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Water supply interruptions

Preparing for a water outage, stored drinking water and support from water companies.

https://prepare.campaign.gov.uk/be-informed-about-hazards/water-supply-interruptions-or-outages/

Editorial review date: 25 September 2026. If an official source conflicts with this page, follow the official source.

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25 Sep 2026	23 Jan 2027	3 primary sources

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OFFLINE RESILIENCE GUIDE // UK EDITION

Emergency Communications for UK Households

Keep more than one way to receive information and contact people. This guide covers paper contacts, radio, mobile limitations and legal PMR446 handhelds.

8 MIN | UPDATED 25 SEP 2026 | UK FOCUS

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LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. Write key numbers and meeting points on paper.
2. Keep a battery or wind-up broadcast radio as a backup receive path.
3. UK Emergency Alerts work on compatible devices using 4G and 5G networks.
4. PMR446 handheld radios can be used licence-exempt when the equipment meets UK requirements.
5. PMR446 is short-range local communication, not a replacement for the emergency services.

> **IMPORTANT**
> This is practical preparedness information, not emergency instruction. During an incident, follow current advice from emergency services, your utility provider and relevant public authorities.

Communication has two jobs

You need to receive trustworthy information and you need a way to coordinate with people nearby. Those are different jobs. Broadcast radio is useful for receiving updates. A phone is useful while networks are working. PMR446 handhelds can provide short-range local voice between members of a household or group.

Do not build the plan around one device. Electricity loss can take out your router, some modern landline setups and, in some places, local mobile coverage.

Paper is still part of the system

Write down 105, family phone numbers, a meeting point, medication information and useful radio frequencies. Government preparedness guidance specifically recommends keeping important numbers on paper where they can be found during a power cut.

Agree in advance what family members should do if messages are delayed. A simple meeting point and a named person outside the immediate area can remove a lot of uncertainty.

Know what UK Emergency Alerts can and cannot do

UK Emergency Alerts are free and do not require an app or sign-up. GOV.UK says compatible devices receive them via 4G and 5G mobile networks based on the area around the device. The phone does not need mobile data or Wi-Fi enabled.

A device that is off, on a 2G or 3G network, Wi-Fi only or incompatible will not receive an alert. That is another reason not to treat one phone as the entire warning system.

Use compliant PMR446 equipment

Ofcom describes PMR446 as a licence-exempt option for compliant handheld radios operating from 446.0 to 446.2 MHz, with maximum ERP of 0.5 watts. The important word is compliant. Do not assume every imported handheld advertised online is legal to use licence-free on PMR446 in the UK.

Range claims on packaging are usually best-case figures. Buildings, terrain and interference reduce range. Think of PMR446 as local coordination around a neighbourhood, property, campsite or group, not long-distance communications.

Practise before you need it

Put batteries in the radio, tune the broadcast stations you actually use and test the handhelds around your normal area. Decide on a channel for your group and keep the instructions with the radios. Equipment that has never been switched on is not yet part of a plan.

Useful kit for this plan

Equipment should support the plan, not replace it. The commercial catalogue is kept on a separate page.

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PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Power cuts

Practical actions before and during a power cut, including 105 and communications planning.

https://prepare.campaign.gov.uk/be-informed-about-hazards/power-cuts/

PRIMARY / AUTHORITATIVE SOURCE

Ofcom: Business Radio Guidance 2025

PMR446 licence-exempt operation, frequencies and maximum ERP.

https://www.ofcom.org.uk/siteassets/resources/documents/spectrum/business-radio-licences/business-radio-guidance-document.pdf?v=408873

PRIMARY / AUTHORITATIVE SOURCE

GOV.UK: How Emergency Alerts work

How UK Emergency Alerts reach compatible devices and when they may not arrive.

https://www.gov.uk/alerts/how-alerts-work

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OFFLINE RESILIENCE GUIDE // UK EDITION

Emergency Cooking and Carbon Monoxide Safety

A clear rule for outage cooking: no-cook food first, outdoor combustion second. Understand why camping stoves, barbecues and generators do not belong indoors.

6 MIN | UPDATED 13 OCT 2026 | UK FOCUS

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LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. Do not use a barbecue or camping stove indoors or inside a tent.
2. Do not run a generator in an enclosed space.
3. Keep food that can be eaten cold so you do not depend on combustion cooking.
4. If you safely boil water, a vacuum flask can reduce repeated fuel use.
5. If you suspect carbon monoxide poisoning, get everyone into fresh air and seek medical advice promptly. Call 999 for emergency symptoms.

> **IMPORTANT**
> This is practical preparedness information, not emergency instruction. During an incident, follow current advice from emergency services, your utility provider and relevant public authorities.

The safest emergency meal may be the one you do not cook

Power cuts create a temptation to improvise. A camping stove that is perfectly useful outdoors can become dangerous when moved into a kitchen, conservatory, garage or tent. The NHS warns that camping stoves and barbecues used indoors can cause carbon monoxide to build up.

That is why a preparedness food plan should start with food that can be eaten cold. Tins, pouches, crackers, nut butters and other familiar shelf-stable foods give you time to make safer decisions.

Carbon monoxide gives little warning

Carbon monoxide is produced by incomplete combustion and cannot be seen or smelled. Symptoms can resemble other illnesses. The NHS lists possible symptoms including headache, dizziness, nausea, weakness, tiredness, confusion and breathing problems.

If you suspect carbon monoxide exposure, stop using the suspected appliance if safe, get everyone into fresh air and seek medical advice promptly. Do not go back into the affected building until you have been advised it is safe. If someone exposed has trouble breathing, suddenly becomes confused, loses consciousness, feels weak, or has chest or muscle pain, call 999 or go to A&E; do not drive yourself. For suspected symptoms that are not immediately life-threatening, call the appropriate local urgent-health service, such as NHS 111 where available. This is a potentially serious exposure even when symptoms improve outdoors.

Outdoor cooking needs an outdoor plan

If you use a camping stove, use it in the environment the manufacturer specifies, away from enclosed or poorly ventilated spaces. Keep it stable and away from children, flammable materials and doorways where fumes can be drawn back into the house.

Do not treat a garage with the door cracked open as a safe kitchen. The simple house rule is easier to remember: appliances designed for outdoor combustion stay outdoors.

Use heat once

When you can boil water safely, an insulated flask can make that heat last. Boil what you need, fill the flask and use it for drinks or simple food preparation rather than repeatedly reheating small amounts.

This is not exciting equipment, but it is efficient and keeps fuel use predictable.

Keep alarms working

If your home has gas, oil, wood or other fuel-burning appliances, follow current guidance on carbon monoxide alarms and appliance servicing. A power cut is the wrong time to discover that an alarm battery is flat.

Useful kit for this plan

Equipment should support the plan, not replace it. The commercial catalogue is kept on a separate page.

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Sources checked for this guide

We use public sources for the factual backbone and write the guide in our own words. Source pages can change, so the links below are the place to check current official advice.

PRIMARY / AUTHORITATIVE SOURCE

NHS: Carbon monoxide poisoning

Carbon monoxide risks, symptoms and prevention, including camping stoves and barbecues indoors.

https://www.nhs.uk/conditions/carbon-monoxide-poisoning/

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Power cuts

Practical actions before and during a power cut, including 105 and communications planning.

https://prepare.campaign.gov.uk/be-informed-about-hazards/power-cuts/

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Get prepared for emergencies

Household planning, emergency supplies, paper contacts, water, food, torches, power banks and radios.

https://prepare.campaign.gov.uk/get-prepared-for-emergencies/

Editorial review date: 13 October 2026. Next scheduled review: 10 February 2027. Follow current official instructions if they differ.

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OFFLINE RESILIENCE GUIDE // UK EDITION

Emergency Sanitation During a Water or Power Outage

How to prioritise safe drinking water, hand hygiene, toilets and contaminated floodwater when normal water or sewerage systems are disrupted.

9 MIN | UPDATED 25 SEP 2026 | UK FOCUS

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LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. Protect clean drinking water from being spent on low-priority washing.
2. Keep hand hygiene working after toilet use and before food preparation.
3. Follow local instructions if sewerage or flushing is unavailable; do not improvise against official advice.
4. Treat floodwater as potentially contaminated with sewage, chemicals and debris.
5. Do not use questionable tap water for drinking or food if your water company tells you not to.

IMPORTANT
This is preparedness information, not a substitute for emergency services, medical advice or instructions from responsible authorities. In immediate danger call 999 or 112.

Sanitation becomes a priority surprisingly quickly

A water outage is not only a drinking-water problem. Toilets, hand washing, food preparation and cleaning all compete for the same limited supply. The efficient plan protects the cleanest water for drinking, preparing food and essential hand hygiene.

If an outage is part of a wider incident, follow the water company, local authority and public-health instructions because the condition of the water and sewerage network can vary by location.

Hand hygiene is worth reserving water for

The NHS describes hand washing as one of the simplest ways to reduce the spread of infections and recommends soap and water after using the toilet and before eating or handling food. If soap and water are temporarily unavailable, alcohol-based hand sanitiser can be useful when hands are not visibly dirty.

During a prolonged outage, organise one clearly identified place for hand cleaning and keep food preparation separate from toilet and waste handling.

If the sewerage system cannot be used, follow the incident instructions

UK Chief Medical Officers' contingency planning for the very unlikely scenario of a national power outage assumes that sewerage may be unavailable. In that specific scenario, the published health advice describes collecting faeces in plastic bags, sealing them and disposing of them with household waste, ideally in an outside bin.

Do not apply that national-outage contingency to an ordinary power cut. Follow local instructions and the actual condition of your water and sewerage services.

Floodwater is not cleaning water

UKHSA guidance says floodwater can contain sewage and other contaminants and recommends protective clothing for clean-up. Keep children and pets away from contaminated areas, protect cuts, and clean hands and hard surfaces properly after contact.

Food or utensils contaminated by floodwater need separate handling; do not move mud or dirty equipment through the clean food-preparation area.

Know the difference between a boil notice and a do-not-use notice

The Drinking Water Inspectorate says that when a boil-water notice is issued, water intended for drinking and several food-related uses should be brought to the boil and allowed to cool. In rare cases a water company may instead tell customers not to use the supply at all.

The instruction from the water provider overrides generic preparedness advice. Keep bottled water or another approved supply available so you are not forced to guess.

A small sanitation box is high-value preparedness

Useful non-specialist items include strong waste bags, household gloves, soap, hand sanitiser, disinfectant appropriate to the task, paper towels, waterproof dressings and a way to keep clean and dirty items separate. These are inexpensive compared with most preparedness equipment and solve common failure modes.

Useful kit for this plan

Equipment should support the plan, not replace judgement or skill. The commercial catalogue is kept on a separate page.

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Sources checked for this guide

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> **PRIMARY / AUTHORITATIVE SOURCE**
> **GOV.UK: Water and sanitation during a national power outage**
> Public-health contingency advice for drinking water, hygiene and toilets if infrastructure is unavailable.
> https://www.gov.uk/government/publications/public-health-advice-from-uk-cmos-during-a-national-power-outage/water-and-sanitation-scripts-for-broadcast-media

> **PRIMARY / AUTHORITATIVE SOURCE**
> **NHS: How to wash your hands**
> When to wash hands, effective technique and use of hand sanitiser when soap and water are unavailable.
> https://www.nhs.uk/live-well/best-way-to-wash-your-hands/

> **PRIMARY / AUTHORITATIVE SOURCE**
> **GOV.UK / UKHSA: Flooding and health**
> Health risks from floodwater and safe household clean-up.
> https://www.gov.uk/government/publications/flooding-and-health-public-advice/flooding-and-health-advice-for-the-public

> **PRIMARY / AUTHORITATIVE SOURCE**
> **Drinking Water Inspectorate: Boil water notices**
> What a boil notice means, which uses require boiled water and when a supply may be declared unusable.
> https://www.dwi.gov.uk/receiving-a-boil-water-notice/

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OFFLINE RESILIENCE GUIDE // UK EDITION

Emergency Shelter and Exposure: Stay Warm, Dry and Safe

A UK-focused guide to getting out of wind and rain, insulating from the ground, recognising cold and heat illness, and choosing shelter without creating a second hazard.

8 MIN | UPDATED 25 SEP 2026 | UK FOCUS

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LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. Get out of wind, rain, floodwater and other immediate environmental hazards.
2. Use dry layers and ground insulation before trying to solve comfort problems.
3. A vehicle or sound building can be better shelter than an improvised structure.
4. Suspected hypothermia needs urgent medical help; call 999.
5. Heatstroke is also an emergency; move to a cooler place and seek urgent help.

> **IMPORTANT**
> This is preparedness information, not a substitute for emergency services, medical advice or instructions from responsible authorities. In immediate danger call 999 or 112.

Shelter means controlling exposure

The job of shelter is to reduce heat loss, heat gain, wind, rain and contact with unsafe ground. In an emergency, the best shelter is usually the safe option already available: a building, vehicle, staffed location, waterproof clothing or an emergency shelter carried for the purpose.

Improvisation is useful only when it genuinely improves safety. Avoid unstable trees, steep slopes, watercourses, cliffs, roads, flood-prone ground and places exposed to falling debris.

Dry and insulate the person, not the landscape

Wind and wet clothing can accelerate cooling. Move into shelter, replace wet clothing with dry layers when practical, cover exposed skin and reduce contact with cold ground. A dry mat, folded

clothing, rucksack or other insulating layer beneath a person can matter as much as what is above them.

Do not chase maximum warmth by making people sweat. Layers are useful because they can be adjusted as conditions change.

Know when cold has become a medical emergency

NHS guidance lists shivering, cold pale skin, slurred speech, slow breathing, tiredness and confusion among signs of hypothermia and says suspected hypothermia needs emergency medical help. Call 999 and follow the operator’s instructions.

While waiting for help, bring the person indoors or to shelter, replace wet clothing, cover their head and wrap them in dry blankets or a sleeping bag. Stay with them. Only offer a warm non-alcoholic drink and sugary food if fully awake and able to swallow safely. Do not rub their limbs or use a hot bath, hot water bottle or heat lamp. Do not assume that somebody who has stopped shivering is improving. The NHS says suspected hypothermia needs emergency assessment at A&E or via 999; do not drive yourself to A&E.

Heat changes the priority

In hot conditions the problem reverses: shade, airflow, reduced exertion and fluids become priorities. NHS guidance recommends moving a person with heat exhaustion to a cool place, removing unnecessary clothing, giving fluids if they can swallow safely, and cooling their skin with water and a fan. Stay with them: they should start improving within 30 minutes. Call 999 immediately for suspected heatstroke, including confusion, seizure, collapse or symptoms that persist after 30 minutes of active cooling.

Do not use a “keep warm” survival script when the environment is hot. Reassess the actual threat.

Weather information is part of shelter planning

The Met Office issues warnings for hazards including rain, thunderstorms, wind, snow, lightning, ice, extreme heat and fog. Read the impact and “what should I do” information, not only the colour.

If a warning says conditions are likely to worsen, the best shelter decision may be to turn around early, stay indoors or postpone the journey rather than relying on emergency equipment later.

Do not build your plan around a campfire

A fire can be useful in some environments, but UK countryside rules and wildfire risk often make it the wrong choice. Shelter, dry clothing, insulation and an orderly call for help are more dependable priorities. If you use any stove or barbecue, follow local rules and manufacturer instructions and keep combustion equipment out of enclosed spaces.

Useful kit for this plan

Equipment should support the plan, not replace judgement or skill. The commercial catalogue is kept on a separate page.

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> **PRIMARY / AUTHORITATIVE SOURCE**
> **NHS: Hypothermia**
> Medical signs, emergency status and immediate actions.
> https://www.nhs.uk/conditions/hypothermia/

> **PRIMARY / AUTHORITATIVE SOURCE**
> **NHS: Heat exhaustion and heatstroke**
> Cooling, fluids and when to call 999.
> https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/

> **PRIMARY / AUTHORITATIVE SOURCE**
> **Mountain Rescue England and Wales: How to stay safe**
> Clothing, weather, dehydration, map and compass, torches, whistles and emergency procedure.
> https://www.mountain.rescue.org.uk/fact_file/fact-file-6-stay-safe-information/

> **PRIMARY / AUTHORITATIVE SOURCE**
> **Met Office: Weather warnings guide**
> How UK weather warnings communicate likelihood, impact and protective action.
> https://weather.metoffice.gov.uk/guides/warnings

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OFFLINE RESILIENCE GUIDE // UK EDITION

Food Safety During a Power Cut

How long a fridge or freezer may stay cold, what to eat first, and why keeping the doors shut is the most useful first step.

6 MIN | UPDATED 13 OCT 2026 | UK FOCUS

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LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. Keep fridge and freezer doors closed as much as possible.
2. A fridge should stay cold for up to about four hours, according to current FSA guidance.
3. A full freezer may stay frozen for up to 48 hours; a half-full freezer for about 24 hours.
4. If the fridge reaches 8°C or above, use food that normally needs refrigeration within four hours; follow official disposal advice after that.
5. Use shelf-stable food later, after food that needs refrigeration.

IMPORTANT
This is practical preparedness information, not emergency instruction. During an incident, follow current advice from emergency services, your utility provider and relevant public authorities.

The clock is not the only thing that matters

Temperature is what determines food safety, but most homes do not monitor fridge temperature continuously. The Food Standards Agency therefore gives practical time estimates for a closed appliance during a power cut.

A power cut lasting less than four hours is unlikely to affect the safety of chilled or frozen food. For longer outages, a closed fridge should stay cold for up to four hours. A full freezer may hold temperature for up to 48 hours, while a half-full freezer may manage around 24 hours. Appliance type, room temperature and how often the door is opened all change those numbers.

For households in Scotland, Food Standards Scotland publishes separate official power-cut food safety guidance. Its fridge and freezer estimates are consistent with the FSA figures above; both

emphasise thermometer readings and limiting door opening. Check the advice for your nation when available.

Keep the doors shut

Every time a fridge or freezer door opens, cold air is replaced by warmer room air. Decide what you need before opening it. If you have a fridge thermometer, use it rather than guessing.

The FSA normally recommends keeping a fridge at 5°C or below. In a power cut, its guidance allows food to be stored in a fridge below 8°C. If the fridge temperature reaches 8°C or above, the FSA says to eat foods that normally need refrigeration within four hours. Discard those foods after four hours unless the power was restored within that period. This applies to items with a use-by date, foods labelled keep refrigerated and refrigerated leftovers. If you cannot establish how long food was too warm, do not assume it is safe; check the official advice.

Eat in the right order

Use food that is most temperature-sensitive before opening tins and cupboard food. Shelf-stable food remains your fallback when refrigeration is no longer reliable. That is one reason a modest no-cook food shelf belongs in an emergency plan even if you own a camping stove.

If it is genuinely below 8°C outside, the FSA notes that food can be stored outside in clean, dry conditions, protected from sunlight, animals and contamination. Use a sealed box rather than putting food loose outdoors.

Do not rely on smell alone

Food can be unsafe without smelling obviously spoiled. When the cold chain has been lost, use the Food Standards Agency guidance rather than a sniff test. If you are uncertain about a high-risk food, caution is cheaper than food poisoning.

Plan for an outage without wasting food

Keep a thermometer in the fridge, know roughly how full the freezer is and keep a simple supply of food that works without refrigeration. A manual tin opener and insulated flask are small items that remain useful in normal life too. If you need to prepare infant formula during an outage, the FSA advises using boiled water for powdered formula preparation; if you cannot boil water, ready-to-feed infant formula may be an alternative. Follow current NHS infant-feeding instructions and do not improvise with untreated water.

Useful kit for this plan

Equipment should support the plan, not replace it. The commercial catalogue is kept on a separate page.

KIT IS KEPT SEPARATE
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Sources checked for this guide

We use public sources for the factual backbone and write the guide in our own words. Source pages can change, so the links below are the place to check current official advice.

PRIMARY / AUTHORITATIVE SOURCE

Food Standards Agency: food safety in a power cut

Food safety during power loss, including fridge and freezer guidance.

https://www.gov.uk/government/publications/food-safety-in-a-power-cut-advice-for-consumers/food-safety-in-a-power-cut-advice-for-consumers

SCOTLAND / AUTHORITATIVE SOURCE

Food Standards Scotland: food safety during a power cut

Scottish household advice on fridge and freezer times, temperatures and safe preparation.

https://www.foodstandards.gov.scot/consumer-advice/food-safety/food-safety-in-the-kitchen/power-cuts

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Power cuts

Practical actions before and during a power cut, including 105 and communications planning.

https://prepare.campaign.gov.uk/be-informed-about-hazards/power-cuts/

Editorial review date: 13 October 2026. If an official source conflicts with this page, follow the official source.

INFORMATION CHECK✓ CURRENT REVIEW

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13 Oct 2026	10 Feb 2027	3 official sources

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GET PREPPED NOW // ORIGINAL GUIDE

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OFFLINE RESILIENCE GUIDE // UK EDITION

Getting Found Outdoors : Location, 999 and Emergency Signals

How to make a rescue easier in the UK: give a useful location, call the right service, conserve the phone, stay put when instructed, and use simple light or whistle signals if communications fail.

7 MIN | UPDATED 25 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. For mountain or cave rescue, dial 999 or 112, ask for Police, then Mountain Rescue or Cave Rescue.
2. Give your location, casualty details, nature of the emergency, party size and callback number.
3. A grid reference is especially useful in places without a street address.
4. After calling, stay where you are unless the rescue team or immediate danger requires movement.
5. A torch and whistle can signal for help when there is no usable phone connection.

> **IMPORTANT**
> This is preparedness information, not a substitute for emergency services, medical advice or instructions from responsible authorities. In immediate danger call 999 or 112.

Make the call simple

Mountain Rescue England and Wales says to dial 999 or 112, ask for Police, then Mountain Rescue. For cave rescue, ask for Police then Cave Rescue. Give the information you have; do not delay an emergency call because you cannot answer every question perfectly.

Before calling, if it is safe to do so, note your location, the nature of the emergency, the number of people involved, casualty details and your phone number. This reduces confusion if reception is poor.

Location beats a long description

A clear OS grid reference can place you far more accurately than “somewhere above the valley”. Ordnance Survey explains that a six-figure reference identifies a 100-metre square. Nearby landmarks, path names and coordinates can still help when a grid reference is unavailable.

Do not move away from a known safe location solely to search for a better phone signal unless the emergency service or immediate danger requires it. Moving can make you harder to find.

Stay contactable and conserve power

After the emergency call, keep the phone available. Reduce unnecessary screen use and calls. Rescue teams may call back or send a location link. If you must make another emergency call, repeat the essential information.

If you have hearing or speech difficulties, Mountain Rescue advises registering for the emergencySMS service before you need it.

Use simple signals when the phone cannot do the job

Mountain Rescue recommends six long whistle blasts or torch flashes over one minute, followed by a one-minute pause before repeating the signal. Continue until rescuers reach you; the signal can help them determine direction.

A whistle carries farther than shouting and uses less energy. A head torch also preserves the phone battery and makes a stationary group easier to identify after dark.

The objective is rescue, not proving self-reliance

Good fieldcraft reduces the chance of needing rescue, but once an injury, exposure problem or serious navigational failure exceeds your ability, asking for help early can prevent the situation becoming harder. The efficient decision is the one that reduces risk, not the one that looks most self-sufficient.

Useful kit for this plan

Equipment should support the plan, not replace judgement or skill. The commercial catalogue is kept on a separate page.

KIT IS KEPT SEPARATE
Named products and Amazon UK affiliate links are kept on the dedicated KIT page so this guide remains editorial. Use the kit only after the plan identifies a genuine equipment gap.

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Sources checked for this guide

We use public sources for the factual backbone and write the guide in our own words. Source pages can change, so the links below are the place to check current official advice.

PRIMARY / AUTHORITATIVE SOURCE

Mountain Rescue England and Wales: In case of emergency

999/112 procedure, information to provide and staying in position.

https://www.mountain.rescue.org.uk/how-to-call-out-mr/

PRIMARY / AUTHORITATIVE SOURCE

Mountain Rescue England and Wales: Stay safe

Whistle and torch distress signals, emergencySMS, essential kit and phone limitations.

https://www.mountain.rescue.org.uk/safety/

PRIMARY / AUTHORITATIVE SOURCE

Ordnance Survey: Map-reading guide

Grid references and practical navigation preparation.

https://www.ordnancesurvey.co.uk/documents/resources/map-reading.pdf

Editorial review date: 25 September 2026. If an official source conflicts with this page, follow the official source.

INFORMATION CHECK✓ **CURRENT REVIEW**

REVIEWED	NEXT REVIEW DUE	OFFICIAL REFERENCES
25 Sep 2026	23 Jan 2027	3 primary sources

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GET PREPPED NOW // ORIGINAL GUIDE

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OFFLINE RESILIENCE GUIDE // UK EDITION

How to Make a Household Emergency Plan

A one-page plan for contacts, meeting points, medication, utilities and the few decisions that are easier to make before an emergency begins.

7 MIN | UPDATED 25 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. Choose a meeting point in case you cannot return home.
2. Write important numbers on paper, including 105 and people you would contact.
3. Record regular medication, insurance details and useful radio frequencies.
4. Keep key documents and items together where they are easy to find.
5. Agree how you will check on children, relatives and neighbours if communications are disrupted.

> **IMPORTANT**
> This is practical preparedness information, not emergency instruction. During an incident, follow current advice from emergency services, your utility provider and relevant public authorities.

A plan is useful because memory gets worse under pressure

You do not need a binder full of scenarios. A useful household plan answers a few basic questions: who do we contact, where do we meet, what does somebody in the household depend on, where are the important documents, and what do we do if phones or internet are unavailable?

The UK Government Prepare campaign provides a printable household emergency plan and recommends keeping key information on paper. That is sensible because the very incident you are planning for may involve a power or communications failure.

Pick two meeting points

Choose one close to home, such as a familiar safe location nearby, and one outside the immediate area in case you cannot return to your street. Make sure children and other household members know both locations.

If you have family members who travel or work away from home, agree when they should try to return and when it is safer to stay where they are. Do not create a plan that sends people into dangerous weather just to follow the plan.

Put the important information on one sheet

Include 105 for power cuts in Great Britain, emergency contacts, medication details, medical equipment information, insurance contacts, local radio stations and any numbers for schools, carers or neighbours. Add your utility providers if you would struggle to find them without internet access.

Keep a copy with the emergency kit and consider a second copy in a secure document folder. Review it when phone numbers, medication or household circumstances change.

Decide what leaves with you

Government guidance notes that some people keep a spare bag of items they might need if asked to leave home quickly. That can include copies of important information, medication, basic charging equipment, water and a small amount of practical clothing.

This does not apply to escaping a fire. If the home is on fire, get out and do not delay to collect belongings.

Make the plan social

Swap contact details with neighbours you trust and think about anyone nearby who might need extra help. A street or building group can be useful, but keep a paper alternative because the internet may be unavailable.

Run through the plan once. A five-minute conversation will reveal missing phone numbers and assumptions faster than another hour of shopping.

Useful kit for this plan

Equipment should support the plan, not replace it. The commercial catalogue is kept on a separate page.

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Sources checked for this guide

We use public sources for the factual backbone and write the guide in our own words. Source pages can change, so the links below are the place to check current official advice.

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Get prepared for emergencies

Household planning, emergency supplies, paper contacts, water, food, torches, power banks and radios.

https://prepare.campaign.gov.uk/get-prepared-for-emergencies/

PRIMARY / AUTHORITATIVE SOURCE

GOV.UK: How Emergency Alerts work

How UK Emergency Alerts reach compatible devices and when they may not arrive.

https://www.gov.uk/alerts/how-alerts-work

Editorial review date: 25 September 2026. If an official source conflicts with this page, follow the official source.

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GET PREPPED NOW // ORIGINAL GUIDE

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OFFLINE RESILIENCE GUIDE // UK EDITION

Keeping Warm During a Winter Power Cut

A low-tech plan for keeping people warm when the heating stops. The emphasis is layers, one occupied room, draught reduction and safe heating practice.

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> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. Wear several thin layers rather than relying on one bulky layer.
2. Close doors to unused rooms and close curtains to hold heat in the room you are using.
3. Blankets and sleeping bags work without fuel or electricity.
4. Never use a hob, oven, barbecue or camping stove to heat the home.
5. Check on people who are more vulnerable to cold.

> **IMPORTANT**
> This is practical preparedness information, not emergency instruction. During an incident, follow current advice from emergency services, your utility provider and relevant public authorities.

Warm people before you try to warm the building

When the heating stops, the cheapest and most reliable warmth is insulation around the person. Several thin layers, a warm hat, socks, blankets and sleeping bags continue working no matter how long the power is out.

Government cold-weather guidance recommends several layers of thin clothing and, under normal circumstances, keeping the rooms you spend most time in at least 18°C. During an outage you may not be able to maintain that temperature, which makes clothing and room choice more important.

Shrink the space you are trying to manage

Choose one occupied room if practical. Close internal doors to rooms you are not using and draw curtains to reduce heat loss. Block obvious draughts without covering necessary ventilation. Move blankets, torches, drinks, medication and chargers into that room early rather than repeatedly opening doors later.

If sunlight is available during the day, use it. When the sun has gone down, close curtains again. A small amount of deliberate heat retention is more useful than trying to electrically heat an entire cold house from a battery.

Know who needs more attention

Cold affects everyone, but older people, babies and young children, people with long-term health conditions, people who are pregnant, and people with limited mobility can face greater risk. Check on neighbours or relatives who may need help.

Learn the signs of hypothermia and seek medical help if you are concerned. NHS guidance says suspected hypothermia is a medical emergency that needs hospital treatment; call 999 or arrange urgent A&E assessment if you think someone has hypothermia. Do not drive yourself to A&E. Move the person into shelter, replace wet clothing and wrap them warmly while medical help is arranged; do not use hot baths or hot water bottles.

Do not turn cooking equipment into a heater

Improvised combustion heating can be deadly. The NHS warns that barbecues and camping stoves used indoors can cause carbon monoxide to build up. Ovens and hobs are not room heaters either.

If you use any fuel-burning appliance, follow its instructions and keep equipment intended for outdoor use outdoors. An audible carbon monoxide alarm is an important household safety device where combustion appliances are present.

Build the winter layer before buying a heater

A sleeping bag, blanket, base layers, warm socks and a hat have no runtime limit. They also help during boiler failures that are not electrical. That makes passive warmth the sensible first investment. Powered heating is a much larger load and should only be considered after you understand the battery capacity and safe operating environment required.

Useful kit for this plan

Equipment should support the plan, not replace it. The commercial catalogue is kept on a separate page.

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PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Cold weather, snow and ice

Cold-weather preparation, layered clothing, home warmth and support for people at higher risk.

https://prepare.campaign.gov.uk/be-informed-about-hazards/cold-weather-snow-ice/

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Power cuts

Practical actions before and during a power cut, including 105 and communications planning.

https://prepare.campaign.gov.uk/be-informed-about-hazards/power-cuts/

PRIMARY / AUTHORITATIVE SOURCE

NHS: Carbon monoxide poisoning

Carbon monoxide risks, symptoms and prevention, including camping stoves and barbecues indoors.

https://www.nhs.uk/conditions/carbon-monoxide-poisoning/

PRIMARY / AUTHORITATIVE SOURCE

NHS: Hypothermia

Symptoms, emergency status and what to do while waiting for medical help.

https://www.nhs.uk/conditions/hypothermia/

Editorial review date: 13 October 2026. If an official source conflicts with this page, follow the official source.

INFORMATION CHECK✓ CURRENT REVIEW

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13 Oct 2026	10 Feb 2027	4 primary sources

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GET PREPPED NOW // ORIGINAL GUIDE

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OFFLINE RESILIENCE GUIDE // UK EDITION

Navigation When Your Phone Fails: Map, Compass and Grid Reference Basics

A practical UK navigation fallback: plan before leaving, carry a paper map and compass, understand grid references, preserve phone power and avoid turning uncertainty into a rescue.

9 MIN | UPDATED 25 SEP 2026 | UK FOCUS

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LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. Plan the route, weather and daylight before leaving.
2. Carry a paper map and compass when the consequences of getting lost are meaningful.
3. Learn to read a six-figure OS grid reference before you need one.
4. Use GPS as a tool, not the only copy of your route.
5. Tell somebody your intended route and when you expect to return.

> **IMPORTANT**
> This is preparedness information, not a substitute for emergency services, medical advice or instructions from responsible authorities. In immediate danger call 999 or 112.

Navigation starts before the walk

Ordnance Survey recommends plotting the route, carrying suitable clothing, map, compass, torch, food, water and first aid, and telling somebody where you are going and when you expect to return. That preparation is more valuable than trying to recover from a navigation error after dark.

Check the weather and sunset time. A route that is straightforward in clear daylight can become a different problem in mist, rain, ice or darkness.

Keep an offline reference

A phone is excellent for location, route recording and maps, but battery, impact damage, water and screen failure are single points of failure. For remote or consequential journeys, carry a paper map covering the route and a simple baseplate compass, and practise with them somewhere familiar.

Do not wait for an emergency to learn what the symbols, contour lines or grid look like.

Learn the grid reference you may need to give rescuers

On an Ordnance Survey map, eastings are read before northings. A four-figure reference identifies a kilometre square; a six-figure reference narrows the location to a 100-metre square. That is often enough to describe a useful rescue location.

OS Maps can also show a grid reference using the phone's GPS even when mobile coverage is unavailable. Capture or write down the position before the battery becomes critical.

If you become uncertain, stop the error early

If the ground no longer matches the route, stop and identify the last point you can confidently place on the map. Compare terrain, paths, streams, buildings, slope direction and distance travelled. Do not keep walking simply to make the map fit your assumption.

If you cannot relocate safely, conditions are deteriorating, somebody is injured, or continuing would expose the group to cliffs, floodwater, severe weather or darkness, switch from navigation to the rescue plan.

Preserve the phone for communication

When you may need to call for help, reduce non-essential screen use and preserve battery. A head torch is better than using the phone as your main light. Mountain Rescue specifically warns against relying on a phone to get out of trouble because signal and battery can fail in the hills.

The useful redundancy is simple: charged phone, power reserve where appropriate, paper map, compass, torch and the skill to use them.

Useful kit for this plan

Equipment should support the plan, not replace judgement or skill. The commercial catalogue is kept on a separate page.

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Sources checked for this guide

We use public sources for the factual backbone and write the guide in our own words. Source pages can change, so the links below are the place to check current official advice.

PRIMARY / AUTHORITATIVE SOURCE

Ordnance Survey: Map-reading guide

Route planning, equipment, map and compass use, grid references and telling somebody your plan.

https://www.ordnancesurvey.co.uk/documents/resources/map-reading.pdf

PRIMARY / AUTHORITATIVE SOURCE

Ordnance Survey: Locate Me in OS Maps

How a phone GPS can provide OS grid references and coordinates without a mobile signal.

https://www.ordnancesurvey.co.uk/news/major-new-safety-feature-in-os-maps-could-save-your-life

PRIMARY / AUTHORITATIVE SOURCE

Mountain Rescue England and Wales: Stay safe

Navigation kit, phone limitations, weather and emergency procedure.

https://www.mountain.rescue.org.uk/safety/

Editorial review date: 25 September 2026. If an official source conflicts with this page, follow the official source.

INFORMATION CHECK✓ CURRENT REVIEW

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25 Sep 2026	23 Jan 2027	3 primary sources

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OFFLINE RESILIENCE GUIDE // UK EDITION

The Priority Services Register: Who It Helps and How to Join

A free support route for people who may need extra help from energy suppliers or network operators. It is worth arranging before an outage, not during one.

6 MIN | UPDATED 25 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. Energy suppliers and network operators both keep Priority Services Registers.
2. Eligibility can include older age, pregnancy, young children, disability, long-term health conditions and temporary difficult circumstances.
3. Support can include priority help in an emergency and, where possible, advance notice of planned power cuts.
4. You normally need to contact your supplier or network operator to join.
5. If you switch supplier, check your registration again.

> **IMPORTANT**
> This is practical preparedness information, not emergency instruction. During an incident, follow current advice from emergency services, your utility provider and relevant public authorities.

This is support, not a guarantee of uninterrupted supply

The Priority Services Register is a free service for people who may need additional help with energy services. It does not make a property immune from power cuts, but it can improve communication and support when something goes wrong.

Ofgem says both your energy supplier and your network operator keep registers. Depending on your circumstances, support can include priority help in an emergency, advance notice of planned power cuts where possible, accessible account information and other practical assistance.

Eligibility is broader than many people realise

Ofgem lists examples including people who have reached State Pension age, people who are pregnant or have young children, people who struggle with spoken or written English, and people living with disabilities or long-term medical conditions. Temporary circumstances can also matter, such as recovering from hospital treatment or bereavement.

If you are unsure, ask. Do not rule yourself out because you do not think of yourself as vulnerable.

Register before you need the support

Contact your energy supplier and network operator using the details on your bill or their official website. Give enough information for them to understand the support you may need. If gas and electricity are supplied by different companies, you may need to speak to more than one organisation.

Government preparedness guidance also points households towards equivalent priority support from water providers.

Medical equipment needs its own plan

If somebody relies on electrically powered medical equipment, registering is useful but it is not the whole plan. Speak to the clinical team and equipment provider about what happens during an outage, how long any backup battery lasts and who to contact if power is not restored.

Keep those instructions on paper and make sure other people in the household know where they are.

No shopping list required

This is one of the highest-value preparedness steps that may cost nothing. Registering, writing down the right numbers and understanding your medical or communication dependencies can matter more than another piece of equipment.

Useful kit for this plan

Equipment should support the plan, not replace it. The commercial catalogue is kept on a separate page.

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Sources checked for this guide

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PRIMARY / AUTHORITATIVE SOURCE

Ofgem: Priority Services Register

Who may be eligible and what additional support energy suppliers and network operators can provide.

https://www.ofgem.gov.uk/your-energy-supply/how-manage-your-energy-supply/join-your-suppliers-priority-services-register

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Get prepared for emergencies

Household planning, emergency supplies, paper contacts, water, food, torches, power banks and radios.

https://prepare.campaign.gov.uk/get-prepared-for-emergencies/

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Power cuts

Practical actions before and during a power cut, including 105 and communications planning.

https://prepare.campaign.gov.uk/be-informed-about-hazards/power-cuts/

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OFFLINE RESILIENCE GUIDE // UK EDITION

Survival Priorities: What to Do First When Things Go Wrong

A practical order of operations for emergencies: deal with immediate danger, exposure, location, communication and water before spending energy on lower-priority problems.

8 MIN | UPDATED 25 SEP 2026 | UK FOCUS

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LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. Pause long enough to identify the thing most likely to hurt you next.
2. Treat life-threatening injury and immediate danger before equipment or comfort.
3. Get dry, out of wind and away from environmental hazards before chasing food or gadgets.
4. Make yourself findable: establish your location, preserve communications and avoid unnecessary movement.
5. Protect drinking water and energy; food is usually a later problem in a short emergency.

> **IMPORTANT**
> This is preparedness information, not a substitute for emergency services, medical advice or instructions from responsible authorities. In immediate danger call 999 or 112.

There is no universal survival checklist

The useful lesson from classic fieldcraft is not a rigid sequence. It is the habit of ranking problems by consequence. A serious injury, fire, floodwater, traffic, falling debris, severe cold or extreme heat can matter immediately. Hunger usually does not.

A good first question is simple: what can harm us in the next few minutes, and what can wait? That keeps limited time, battery, water and physical effort focused on the real threat.

Pause, observe, then commit

Unless staying still is dangerous, resist the urge to start walking, unpacking everything or solving five problems at once. Check injuries, weather, daylight, surroundings, communications, water and the safest nearby shelter. If you are with other people, account for everyone before splitting up.

Then choose a short plan that you can explain in one sentence: for example, move 100 metres to the vehicle, get the wet person into dry layers, call for help, then stay there. Clear plans reduce wasted movement and conflicting decisions.

Immediate danger and exposure come first

In UK conditions, wet and wind can turn an inconvenience into hypothermia. NHS guidance treats suspected hypothermia as a medical emergency. At the opposite extreme, heatstroke is also an emergency. Move away from the hazard, reduce further exposure and call 999 when the symptoms or circumstances require it.

Shelter does not need to mean building something. A safe building, vehicle, bothy, staffed facility, waterproof layer, emergency shelter or simply getting behind a windbreak may be the right answer. The priority is to stop heat loss, heat gain or continued wetting.

Be findable before you become more lost

If you are lost or an accident has happened, unnecessary movement can make rescue harder and can turn a navigational problem into an exposure problem. Mountain Rescue England and Wales advises callers to provide a grid reference if possible and, after calling, not to change position until contacted by the rescue team.

Preserve phone battery, note your location while the device still works, and keep a map or other offline reference. If official instructions tell you to evacuate, follow them; otherwise, do not wander simply because movement feels productive.

Water matters before food

Dehydration can impair judgement and physical performance. Carrying water is safer than assuming you will find a usable source. If a mains water problem occurs at home, follow your water company or Drinking Water Inspectorate instructions rather than inventing your own treatment regime.

Food is important for comfort, energy and longer disruptions, but in the first hours of most household or outdoor emergencies it should not displace injury care, shelter, rescue, safe water or communications.

Fire is a tool, not a default objective

Classic survival writing gives fire a prominent place because it can provide heat, light and morale. In modern Britain it is often unnecessary or inappropriate. The Countryside Code says

not to light fires and to use barbecues only where signs permit them. Clothing, insulation, a shelter, a stove used lawfully and safely, or simply leaving the area may be better options.

The efficient approach is not to recreate a wilderness checklist. It is to use the least risky method that solves the actual problem.

Fieldcraft influence, modern evidence

This guide is inspired by the priority-first fieldcraft approach associated with John “Lofty” Wiseman’s SAS Survival Handbook. It does not reproduce the book. The wording and recommendations here are independently written and checked against current UK public-safety sources.

Useful kit for this plan

Equipment should support the plan, not replace judgement or skill. The commercial catalogue is kept on a separate page.

KIT IS KEPT SEPARATE
Named products and Amazon UK affiliate links are kept on the dedicated KIT page so this guide remains editorial. Use the kit only after the plan identifies a genuine equipment gap.

OPEN KIT →

Sources checked for this guide

We use public sources for the factual backbone and write the guide in our own words. Source pages can change, so the links below are the place to check current official advice.

> **PRIMARY / AUTHORITATIVE SOURCE**
> **NHS: Hypothermia**
> Symptoms, emergency status and immediate actions while waiting for medical help.
> https://www.nhs.uk/conditions/hypothermia/

> **PRIMARY / AUTHORITATIVE SOURCE**
> **NHS: Heat exhaustion and heatstroke**
> Cooling, hydration and when heat illness becomes an emergency.
> https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/

> **PRIMARY / AUTHORITATIVE SOURCE**
> **Mountain Rescue England and Wales: Stay safe**
> Planning, essential outdoor kit, calling for rescue, location information and staying put.
> https://www.mountain.rescue.org.uk/safety/

> **PRIMARY / AUTHORITATIVE SOURCE**
> **GOV.UK: The Countryside Code**
> Outdoor responsibilities including fire restrictions, local signs and protecting the environment.
> https://www.gov.uk/government/publications/the-countryside-code/the-countryside-code-advice-for-countryside-visitors

Editorial review date: 25 September 2026. If an official source conflicts with this page, follow the official source.

INFORMATION CHECK✓ CURRENT REVIEW

REVIEWED	NEXT REVIEW DUE	OFFICIAL REFERENCES
25 Sep 2026	23 Jan 2027	4 primary sources

If an official source conflicts with this guide, follow the current official source.

GET PREPPED NOW // ORIGINAL GUIDE

Source page: https://getpreppednow.co.uk/guides/survival-priorities-what-to-do-first.html
Editorial update: 25 September 2026 · © 2026 Get Prepped Now
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OFFLINE RESILIENCE GUIDE // UK EDITION

What to Do During a UK Power Cut

The useful first actions, the numbers worth writing down, what can stop working with the electricity, and how to prepare before the lights go out.

8 MIN | UPDATED 12 OCT 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIRST 10 MINUTES

Start here. Then read the conditions and exceptions below.

1. Call 105 in England, Scotland and Wales to report a power cut or find your network operator. In Northern Ireland, call NIE Networks on 03457 643 643.
2. Turn off high-risk appliances and leave one light on so you know when power returns.
3. Keep fridge and freezer doors closed.
4. Expect broadband, some landlines, boilers and local mobile coverage to be affected.
5. Use a battery radio and paper contacts as a backup information path.

> **IMPORTANT**
> This is practical preparedness information, not emergency instruction. During an incident, follow current advice from emergency services, your utility provider and relevant public authorities.

First, find out whether it is local

Check whether neighbours are also without power. If they have electricity, look at your consumer unit before assuming there is a network fault. If the wider area is affected, the electricity network operator is the right organisation to contact, not the company that sends your energy bill.

In England, Scotland and Wales, 105 is the free power-cut number. You can also use Powercut 105 online to identify your network operator and follow incident updates when internet access is still available. In Northern Ireland use NIE Networks Powercheck or its 24/7 helpline on 03457 643 643. Powercheck warns some outages and planned works may not yet appear on the map.

Make the house safe

Turn off appliances that could become dangerous if they restart unexpectedly, including ovens, irons, electric fires and fryers. It is sensible to unplug sensitive electronics such as televisions and computers if you are concerned about a surge when supply is restored. Leave one ordinary light switched on as a simple indicator that the electricity is back.

Keep away from damaged power lines or electrical infrastructure. High-voltage electricity can jump gaps, so do not approach a fallen cable.

Protect communication and battery life

Broadband equipment needs electricity, and some modern landlines depend on the router or powered equipment in the home. Local mobile coverage can also be affected if nearby masts lose supply. Keep one phone charged, use a power bank for small loads and avoid wasting phone battery as a room torch.

A battery or wind-up radio provides another route for public information. Write down 105 for Great Britain or 03457 643 643 for Northern Ireland, along with key family contacts and useful radio stations.

Keep cold food cold

The Food Standards Agency says a power cut under four hours is unlikely to affect the safety of chilled or frozen food. Its detailed guidance says a closed fridge should stay cold for up to four hours, while a full freezer may keep food frozen for up to 48 hours and a half-full freezer for about 24 hours. These are estimates, so temperature matters.

Keep doors shut. If the outage is prolonged, follow current Food Standards Agency advice rather than guessing from smell or appearance alone.

Think about dependencies before the next outage

Boilers, heat pumps, broadband routers, powered medical devices and some telecare equipment can all depend on mains electricity. Make a list of the devices your household actually relies on and decide which need a backup plan.

If somebody has additional needs, check Priority Services Register eligibility before an incident. Ofgem says eligible households can receive forms of extra support, including priority assistance in emergencies and, where possible, advance notice of planned power cuts.

Useful kit for this plan

Equipment should support the plan, not replace it. The commercial catalogue is kept on a separate page.

KIT IS KEPT SEPARATE
Named products and Amazon UK affiliate links are kept on the dedicated KIT page so this guide remains editorial. Use the kit only after the plan identifies a genuine equipment gap.

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Sources checked for this guide

We use public sources for the factual backbone and write the guide in our own words. Source pages can change, so the links below are the place to check current official advice.

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Power cuts

Practical actions before and during a power cut, including 105 and communications planning.

https://prepare.campaign.gov.uk/be-informed-about-hazards/power-cuts/

PRIMARY / AUTHORITATIVE SOURCE

Food Standards Agency: food safety in a power cut

Food safety during power loss, including fridge and freezer guidance.

https://www.gov.uk/government/publications/food-safety-in-a-power-cut-advice-for-consumers/food-safety-in-a-power-cut-advice-for-consumers

PRIMARY / AUTHORITATIVE SOURCE

Ofgem: Priority Services Register

Who may be eligible and what additional support energy suppliers and network operators can provide.

https://www.ofgem.gov.uk/your-energy-supply/how-manage-your-energy-supply/join-your-suppliers-priority-services-register

NORTHERN IRELAND / NETWORK OPERATOR

NIE Networks: Powercheck

NI outages and 24/7 reporting line: 03457 643 643. Not all faults appear immediately on the map.

https://powercheck.nienetworks.co.uk/

Editorial review date: 12 October 2026. If an official source conflicts with this page, follow the official source.

INFORMATION CHECK✓ CURRENT REVIEW

REVIEWED	NEXT REVIEW DUE	OFFICIAL REFERENCES
12 Oct 2026	23 Jan 2027	4 official sources

If an official source conflicts with this guide, follow the current official source.

GET PREPPED NOW // ORIGINAL GUIDE

Source page: https://getpreppednow.co.uk/guides/uk-power-cut-guide.html
Editorial update: 12 October 2026 · © 2026 Get Prepped Now
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OFFLINE RESILIENCE GUIDE // UK EDITION

How Much Water Should a UK Household Store?

Work out a realistic household water reserve, understand what stored water is for, and know where filtration fits without treating it as a substitute for storage.

7 MIN | UPDATED 25 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. Use 2.5 to 3 litres per person per day as a minimum drinking-water reference.
2. Around 10 litres per person per day gives more scope for basic cooking and hygiene.
3. Government guidance recommends commercially bottled water for longer-lasting stored drinking water.
4. Collected rainwater should not be assumed safe to drink.
5. If someone relies on water for medical equipment, make a specific plan with their care team.

> **IMPORTANT**
> This is practical preparedness information, not emergency instruction. During an incident, follow current advice from emergency services, your utility provider and relevant public authorities.

Do the simple calculation first

Take the number of people in the household, multiply by the number of days you want to cover, then multiply by 2.5 to 3 litres. That gives a minimum drinking-water range. Four people for three days is 30 to 36 litres. Two people for seven days is 35 to 42 litres.

That figure is drinking water only. The Government Prepare guidance notes that around 10 litres per person per day is more comfortable because it allows some water for cooking and basic hygiene. You do not have to store the comfortable figure on day one. It is a useful long-term target if space allows.

Use stored water before you reach for a filter

A sealed bottle is predictable. You know where it came from and it is ready to drink. That is why storage should be the first line of defence. Current Prepare guidance recommends keeping some bottled water at home. Factory-sealed water is therefore a simple first-line reserve for most households.

Filters and purification tablets are still useful, but only as backup tools. Different products remove different contaminants, and no compact filter makes every possible water source safe. During a real incident, follow your water company and public-health advice.

Separate drinking water from utility water

If you have room, keep drinking water separate from water intended for toilet flushing or cleaning. A rain butt can help with non-drinking uses, but Government guidance warns that collected rainwater can contain bacteria or disease and should not be treated as drinking water by default.

Label containers clearly. In a stressful outage, a simple label avoids somebody using your clean drinking reserve to flush a toilet.

Plan for the people who need more

Babies, pets, people with some medical conditions and people using water-dependent medical equipment may need more than the basic calculation. Ready-to-feed baby formula can also reduce dependence on boiling water when normal services are disrupted.

People eligible for a water company Priority Services Register should consider joining before an outage happens. Your water provider is the main source of local information during an interruption.

Storage is boring, which is why it works

Water preparedness does not need to be complicated. Put a modest sealed reserve somewhere cool and out of direct sunlight, know how much you actually have, and review it periodically. Add portable containers, filtration and treatment only after the basic stored supply is covered.

Useful kit for this plan

Equipment should support the plan, not replace it. The commercial catalogue is kept on a separate page.

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Sources checked for this guide

We use public sources for the factual backbone and write the guide in our own words. Source pages can change, so the links below are the place to check current official advice.

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Water supply interruptions

Preparing for a water outage, stored drinking water and support from water companies.

https://prepare.campaign.gov.uk/be-informed-about-hazards/water-supply-interruptions-or-outages/

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Get prepared for emergencies

Household planning, emergency supplies, paper contacts, water, food, torches, power banks and radios.

https://prepare.campaign.gov.uk/get-prepared-for-emergencies/

Editorial review date: 25 September 2026. If an official source conflicts with this page, follow the official source.

INFORMATION CHECK✓ CURRENT REVIEW

REVIEWED	NEXT REVIEW DUE	OFFICIAL REFERENCES
25 Sep 2026	23 Jan 2027	2 primary sources

If an official source conflicts with this guide, follow the current official source.

GET PREPPED NOW // ORIGINAL GUIDE

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OFFLINE RESILIENCE GUIDE // UK EDITION

Understanding UK Weather Warnings and Emergency Alerts

Yellow does not simply mean mild and red does not mean panic. Read the impact, likelihood and local instructions, then adjust your household plan to the actual hazard.

7 MIN | UPDATED 25 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. Met Office warnings combine expected impact with the likelihood of that impact.
2. Yellow warnings cover a range of situations, so read the detail rather than reacting to the colour alone.
3. Amber means an increased likelihood of significant disruption and may justify changing plans.
4. Red means dangerous weather is expected and action should be taken to stay safe.
5. UK Emergency Alerts are reserved for serious nearby threats to life and contain instructions to follow.

> **IMPORTANT**
> This is practical preparedness information, not emergency instruction. During an incident, follow current advice from emergency services, your utility provider and relevant public authorities.

The colour is only the headline

The Met Office warning system is impact-based. A warning colour reflects both the level of impact and how likely those impacts are. That is why two yellow warnings can describe very different situations.

Read the warning text. Look at what is expected, how likely it is, which places are affected and what action the Met Office recommends. The colour gets your attention; the detail tells you what to do.

Yellow, amber and red in plain English

Yellow can mean likely low-level disruption, or a lower probability of something more serious. Amber indicates an increased likelihood of impacts such as travel disruption, road or rail closures, power cuts and possible danger to life or property. Red indicates dangerous weather with a high likelihood of serious impacts and requires action to stay safe.

Warnings can change as confidence improves, so check again before travelling or making decisions based on an earlier forecast.

Emergency Alerts are a different system

GOV.UK Emergency Alerts are used for life-threatening emergencies such as severe flooding, wildfires or extreme storms. Compatible phones in the affected area can receive a loud alert with instructions. You do not need to register or install an app.

The system uses mobile broadcast, so it is not the same as a text message. It also does not replace local radio, official websites or other warning channels.

Turn a warning into household actions

For wind, charge phones and power banks, secure outdoor items and prepare for power loss. For snow or ice, reduce unnecessary travel and make sure warm layers, food and medication are at home. For heavy rain, check flood risk and do not drive through floodwater. For extreme heat, follow current health guidance and think about water, shade and vulnerable people.

The point is not to buy something every time a warning appears. The point is to use the warning to decide which part of your existing plan matters today.

Keep the information path simple

Use the Met Office website or app for weather warnings and GOV.UK for Emergency Alerts. During an incident, follow instructions from emergency services and local authorities. Social media can be useful for local context, but it should not be the only source you rely on.

Flood information is nation-specific. Use the official service for the place you are checking: England has current Environment Agency flood warnings and a separate long-term risk service; Scotland uses SEPA/Floodline; Wales uses Natural Resources Wales; and Northern Ireland provides flood-risk maps and a 24-hour incident-reporting line. A long-term risk map is not a current warning. A blank, stale or inaccessible warnings page is not confirmation that an area is safe.

In Northern Ireland, report flooding on roads, blocked drains or burst water mains on 0300 2000 100. This is not an emergency number; if anyone is in immediate danger call 999. Wherever you live, follow local emergency instructions and avoid floodwater.

Useful kit for this plan

Equipment should support the plan, not replace it. The commercial catalogue is kept on a separate page.

KIT IS KEPT SEPARATE

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Sources checked for this guide

We use public sources for the factual backbone and write the guide in our own words. Source pages can change, so the links below are the place to check current official advice.

> **PRIMARY / AUTHORITATIVE SOURCE**
>
> **Met Office: Weather warnings guide**
>
> How yellow, amber and red warnings combine likelihood and impact.
>
> https://weather.metoffice.gov.uk/guides/warnings

> **PRIMARY / AUTHORITATIVE SOURCE**
>
> **GOV.UK: How Emergency Alerts work**
>
> How UK Emergency Alerts reach compatible devices and when they may not arrive.
>
> https://www.gov.uk/alerts/how-alerts-work

> **PRIMARY / AUTHORITATIVE SOURCE**
>
> **GOV.UK: Check for flooding in England**
>
> Current Environment Agency warnings and flood levels for England; separate from long-term flood risk.
>
> https://www.gov.uk/check-flooding

> **PRIMARY / AUTHORITATIVE SOURCE**
>
> **Ready Scotland / SEPA: Flooding**
>
> Scotland-specific preparedness guidance and the official route to SEPA live warnings and Floodline.
>
> https://ready.campaign.gov.scot/flooding

> **PRIMARY / AUTHORITATIVE SOURCE**
>
> **Natural Resources Wales: Flood warnings**
>
> Wales-specific flood alerts and warnings; check the live service rather than treating a static map as an all-clear.
>
> https://naturalresources.wales/floodwarnings?lang=en

> **PRIMARY / AUTHORITATIVE SOURCE**
>
> **nidirect: Flood risk in Northern Ireland**
>
> Flood Maps NI show longer-term flood risk, not live warnings.
>
> https://www.nidirect.gov.uk/articles/check-risk-flooding-your-area

> **PRIMARY / AUTHORITATIVE SOURCE**
>
> **nidirect: Reporting flooding**
>
> 24-hour flood incident line 0300 2000 100; call 999 when life is in danger.
>
> https://www.nidirect.gov.uk/articles/reporting-flooding

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INFORMATION CHECK✓ CURRENT REVIEW

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13 Oct 2026	10 Feb 2027	7 primary sources

If an official source conflicts with this guide, follow the current official source.

GET PREPPED NOW // ORIGINAL GUIDE

Source page: https://getpreppednow.co.uk/guides/weather-warnings-emergency-alerts.html
Editorial update: 13 October 2026 · © 2026 Get Prepped Now
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OFFLINE RESILIENCE GUIDE // UK EDITION

Power Budgeting for Essential Electronics

Turn watts, watt-hours and real device measurements into a calm daily energy plan before you size a battery or solar panel.

OFFLINE REFERENCE | UPDATED 30 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIELD CARD

Immediate actions first. Then read the conditions and limits below.

FIRST ACTIONS

- List the devices that genuinely matter: communications, lighting, medical/support equipment and one computing device.
- Read or measure each device’s average power in watts; do not size from guesswork when you can measure.
- Multiply watts by hours used per day to get watt-hours (Wh/day), then add the loads together.
- Keep a separate margin for conversion losses and cloudy/low-generation days instead of pretending the arithmetic is exact.

DO NOT

- Do not confuse watts (instantaneous power) with watt-hours (energy over time).
- Do not assume a battery’s headline Wh is all usable at the socket.
- Do not prioritise resistive heaters, kettles or other high-power loads when the objective is communications and information.

IF THIS HAPPENS

- If a device has only volts and amps on the label, estimate watts as volts × amps; treat that as a ceiling unless you measure real use.
- If a load cycles on and off, measure or estimate its average over a representative period rather than using peak power all day.

WHAT YOU NEED

- A written load list
- Device labels or a plug-in power meter where appropriate
- Hours-per-day estimates
- Battery/inverter efficiency assumptions written down

BOUNDARY
This is a practical reference aid. Current official instructions, emergency services, competent professionals and product documentation take priority where they conflict.

Start with the two quantities that matter

Power is the rate at which a device is using energy. It is measured in watts (W). Energy is the amount used over time and is commonly measured in watt-hours (Wh). A 10 W device running for 5 hours uses about 50 Wh. A 60 W laptop used for one hour and a 10 W router used for six hours both use about 60 Wh, even though their power draw is very different. This distinction is the foundation of every sensible backup-power plan.

Volts, amps and the label on the device

Voltage is the electrical “pressure” and current is measured in amps. For a simple DC load, watts are approximately volts × amps. A label marked 12 V, 1 A therefore describes up to about 12 W at that input. Power-supply labels often show a maximum rating, not the device’s normal draw. USB-C chargers may advertise 65 W or 100 W because that is what they can supply, while the connected laptop may use much less for long periods. Measure the actual device where practical.

AC versus DC — avoid unnecessary conversions

Batteries store DC energy. Many portable electronics also ultimately use DC, while a household wall socket provides AC. An inverter converts battery DC to AC and loses some energy in the process. If a device can safely be powered through a manufacturer-approved USB-C PD or DC input, avoiding an extra DC→AC→DC conversion can reduce losses. Never invent a connector or voltage: matching plug shape does not prove electrical compatibility.

Build a daily load table

Write one row per essential device: average watts × hours per day = Wh/day. Add the rows. For example only, a household might measure a router at 9 W for 12 h (108 Wh), a laptop averaging 40 W for 3 h (120 Wh), two 5 W LED lamps for 5 h (50 Wh), a radio averaging 2 W for 4 h (8 Wh), and phone charging totalling 20 Wh. That illustrative total is 306 Wh/day. Your own equipment may be substantially different, so use this as a method, not a shopping number.

Typical small-load ranges are clues, not specifications

As a rough sense-check, phones often need only tens of watt-hours for a full recharge; LED lamps may use single-digit watts; home routers are often in the single- to low-double-digit watts; laptops can range from low tens of watts to much higher under heavy load; small monitors may use tens of watts; radios and low-power single-board computers can be only a few watts. These are examples only. The measured value for your device should win.

Account for usable capacity and losses

A 500 Wh battery does not mean 500 Wh will arrive at every load. Battery management may reserve capacity, cold temperatures can reduce performance, and conversion electronics consume energy. If you expect 85% end-to-end delivery, divide the required delivered energy by 0.85. A 300 Wh/day load would therefore need about 353 Wh from the battery for one day before adding any resilience margin. Label this as an engineering estimate, not a guarantee.

Prioritise loads by function

A useful order is life-safety/medical continuity first, then communications and information, then light, then essential computing. Comfort loads come later. Heating water, cooking electrically and space heating can consume more energy in minutes than small communications loads use in hours. If the objective is to keep a phone, router, radio and laptop working, define that boundary explicitly.

Measure, revise, repeat

Run a normal-day test before disruption. Record the battery percentage or Wh used, note which devices were actually needed and identify waste such as leaving screens, inverters or network equipment running overnight. A good power budget is a living document: measured behaviour replaces optimistic assumptions.

Verify / learn

These references are resolved from GPN’s central source registry so authority, coverage and source changes can be managed in one place. If a current official source conflicts with this guide, follow the current official source.

> **TECHNICAL / REFERENCE SOURCE**
> **Energy Saving Trust: battery storage**
> Consumer guidance for installed storage; not an electrical design specification or emergency-power guarantee.
> https://energysavingtrust.org.uk/advice/battery-storage/

> **PRIMARY / AUTHORITATIVE SOURCE**
> **UK Government Prepare**
> Preparedness guidance, not a live incident feed.
> https://prepare.campaign.gov.uk/get-prepared-for-emergencies/

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INFORMATION CHECK✓ CURRENT REVIEW

REVIEWED	NEXT REVIEW DUE	REGISTERED REFERENCES
30 Sep 2026	28 Jan 2027	2 sources

Source availability is not hazard status. Offline reference material must never be interpreted as a live all-clear.

GET PREPPED NOW // ORIGINAL GUIDE

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OFFLINE RESILIENCE GUIDE // UK EDITION

Solar + Battery Power for Essential Electronics

A practical low-voltage planning guide for keeping a phone, router, laptop and basic communications running — without pretending portable solar is guaranteed.

OFFLINE REFERENCE | UPDATED 30 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIELD CARD

Immediate actions first. Then read the conditions and limits below.

FIRST ACTIONS

- Define the daily load in Wh before choosing a battery or panel.
- Keep the system concept simple: solar panel → charge controller → battery → protected output → load.
- Prefer manufacturer-approved low-voltage DC/USB-C paths for suitable electronics when they avoid unnecessary inverter losses.
- Keep fixed mains wiring, house back-up changeover equipment and high-current installation work within competent professional design/installation.

DO NOT

- Never backfeed a house through a socket or improvised lead.
- Never exceed a battery/power station solar-input voltage, current or power limit.
- Never bypass fuses, battery-management systems or over-current protection.
- Do not treat a sunny-day panel rating as guaranteed daily energy.

IF THIS HAPPENS

- If the forecast is cloudy or winter light is poor, reduce the load first; more battery cannot create solar energy.
- If cables, connectors or batteries become unusually hot, disconnect safely and investigate before continuing.

WHAT YOU NEED

- Daily Wh load estimate
- Battery rated Wh and usable-capacity assumption
- Panel/controller electrical limits
- Correct fusing/protection and manufacturer-approved cables
- A dry, ventilated, protected location

> **BOUNDARY**
> This is a practical reference aid. Current official instructions, emergency services, competent professionals and product documentation take priority where they conflict.

The whole system in one line

Think in blocks: the panel turns light into DC electricity; a charge controller manages what reaches the battery; the battery stores energy; protected outputs feed the load. In an all-in-one portable power station the controller, battery, protection and inverter may be inside one enclosure, but the electrical limits still exist. Read the manual for maximum solar input voltage, current and power.

Panel watts are a rating, not a daily promise

A 200 W panel is rated under defined test conditions. Real output changes with season, cloud, shading, angle, temperature, dirt and controller limits. Daily energy is roughly panel watts × effective full-sun hours × system efficiency. “Full-sun hours” is an energy-equivalent planning input, not the number of daylight hours. Write the assumption next to the result and use a pessimistic case for winter resilience.

Battery Wh is easier to compare than Ah

Watt-hours put batteries and loads in the same unit. If a battery is specified only in amp-hours, nominal Wh is approximately volts × amp-hours. A 12.8 V, 100 Ah battery is about 1,280 Wh nominal. Usable energy is less than nominal and depends on chemistry, battery management and the manufacturer’s limits. Do not assume that two batteries with the same Ah store the same energy if their voltages differ.

Chemistry: consumer-level distinctions

LiFePO4 batteries are popular in portable and stationary systems because they can offer long cycle life and stable behaviour when used with the correct battery-management system. Other lithium-ion chemistries can provide high energy density. Lead-acid remains common in some applications but is heavy and generally offers less usable energy for a given headline Ah if long life is the goal. The safe charge voltage, temperature limits and protection are chemistry-specific: follow the product documentation rather than generic internet settings.

Controllers: MPPT and PWM in plain language

A solar charge controller prevents a panel from being connected directly to a battery without regulation. PWM is a simpler approach and can be appropriate in correctly matched systems. MPPT controllers electronically track a panel operating point and can often harvest energy more effectively when panel voltage is above battery voltage or conditions vary. Neither technology overrides the controller’s maximum input limits.

Inverters and direct DC

An inverter creates mains-like AC from a DC battery, which is useful when a device only accepts AC. It also consumes energy. For phones, many laptops and some networking gear, a properly specified USB-C PD or regulated DC solution can be more efficient. Use only outputs that match the device’s required voltage/protocol and polarity. Never modify fixed household wiring or improvise mains connectors.

Fuses, cable losses and heat

Higher current means more heating and voltage drop in undersized cables. Over-current protection should be sized and positioned according to the equipment manufacturer/system design, especially close to battery sources capable of delivering very high fault current. Keep connections secure and protected from accidental short circuits. If you are building a separate-battery system rather than using an integrated power station, competent low-voltage design matters.

Weather margin and autonomy

Separate two questions: how long can the battery run the load without charging, and how much energy can the panel replace on a poor day? A two-day battery does not make a two-day solar system if the panel cannot refill what you use. Reduce loads, add generation within equipment limits, increase storage, or accept shorter operating windows. Resilience usually comes from using less energy as much as from buying more hardware.

Planning calculator: battery + solar

This calculator is deliberately transparent. Enter your daily delivered energy need, desired battery-only autonomy and planning assumptions. It is an engineering estimate, not certified electrical design.

Daily load (Wh/day)

300

Battery autonomy (days)

2

Usable battery fraction (%)

80

Battery-to-load efficiency (%)

85

Effective full-sun hours/day

2

Solar system efficiency (%)

70

CALCULATE PLANNING SIZE

DAILY REQUIREMENT**300 Wh/day**

RATED BATTERY ESTIMATE**883 Wh**

PANEL RATING ESTIMATE**215 W**

Assumptions: battery estimate = daily Wh × autonomy ÷ usable fraction ÷ delivery efficiency. Panel estimate = daily Wh ÷ effective full-sun hours ÷ solar-system efficiency. These inputs are user-controlled planning assumptions; real weather, temperature, controller limits and device behaviour can be worse.

Professional boundary

This guide is about portable/low-voltage planning. Fixed solar installations, consumer-unit work, transfer switches, batteries integrated into household electrical systems and any arrangement that can energise fixed mains wiring require appropriate professional design and installation. Do not backfeed the grid or a household circuit from a portable inverter.

Verify / learn

These references are resolved from GPN’s central source registry so authority, coverage and source changes can be managed in one place. If a current official source conflicts with this guide, follow the current official source.

> **TECHNICAL / REFERENCE SOURCE**
>
> **Energy Saving Trust: battery storage**
>
> Consumer guidance for installed storage; not an electrical design specification or emergency-power guarantee.
>
> https://energysavingtrust.org.uk/advice/battery-storage/

> **PRIMARY / AUTHORITATIVE SOURCE**
>
> **UK Government Prepare**
>
> Preparedness guidance, not a live incident feed.
>
> https://prepare.campaign.gov.uk/get-prepared-for-emergencies/

Editorial review date: 30 September 2026. Next scheduled review: 28 January 2027.

INFORMATION CHECK✓ CURRENT REVIEW

REVIEWED	NEXT REVIEW DUE	REGISTERED REFERENCES
30 Sep 2026	28 Jan 2027	2 sources

Source availability is not hazard status. Offline reference material must never be interpreted as a live all-clear.

GET PREPPED NOW // ORIGINAL GUIDE

Source page: https://getpreppednow.co.uk/guides/solar-battery-essential-electronics.html
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OFFLINE RESILIENCE GUIDE // UK EDITION

Local Network Without Internet

Your broadband can fail while your home network still works. Learn what remains possible, how to find local devices and how to avoid confusing Wi-Fi with internet access.

OFFLINE REFERENCE | UPDATED 30 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIELD CARD

Immediate actions first. Then read the conditions and limits below.

FIRST ACTIONS

- Keep the router/access point powered if you want local Wi-Fi or Ethernet to continue.
- Check whether devices can reach each other locally before troubleshooting the internet path.
- Find the router/gateway address and the local address of the service you want to reach.
- Prefer DHCP reservations on the router for local servers rather than hard-coding addresses on every device.

DO NOT

- Do not assume “connected to Wi-Fi” means “connected to the internet”.
- Do not reset the router during an outage unless you have its configuration details and a clear reason.
- Do not expose local services to the public internet just to make them easier to reach at home.

IF THIS HAPPENS

- If devices have 169.254.x.x addresses, they may have fallen back to link-local addressing because DHCP is unavailable.
- If the router has power and devices have normal local addresses but websites fail, the WAN/ISP path may be the only failed component.

WHAT YOU NEED

- A powered router or access point
- At least one Ethernet cable for troubleshooting
- Written router/admin address and credentials stored securely
- Local server/printer addresses or hostnames

> **BOUNDARY**
> This is a practical reference aid. Current official instructions, emergency services, competent professionals and product documentation take priority where they conflict.

Local network ≠ internet

A local area network (LAN) connects devices within your home or building. The internet connection is a separate wide-area (WAN) path from the router to your provider. A home router commonly combines several jobs: Wi-Fi access point, Ethernet switch, DHCP server, firewall and internet gateway. If the WAN fails but the router still has power, the LAN functions can continue.

What may still work

Devices on the same LAN can often still reach local webpages, network storage, shared folders, printers, media libraries and other local services. A laptop can open a web page hosted on a Raspberry Pi even if the broadband line is dead. What will not work are services that depend on remote cloud servers, internet DNS, remote authentication or external APIs.

DHCP in plain language

DHCP is the service that automatically gives a device an IP address and other settings when it joins a network. In a typical home, the router performs that job. Addresses often look like 192.168.x.x or 10.x.x.x. The exact range is not important; consistency is. Raspberry Pi documentation recommends a DHCP reservation on the router when a local server should receive the same address repeatedly.

Find the router and a local service

On Windows, macOS, Linux, Android or iOS, network details normally show a “router”, “gateway” or similar address. That is usually the local router interface. A server’s address can be found in the router’s connected-device list or on the server itself. For Raspberry Pi OS, `hostname -I` is a simple way to display the local address. Write down the local URL you actually use, such as `http://192.168.1.20/`.

Troubleshoot in layers

First: does the device have Wi-Fi/Ethernet link? Second: did it get a plausible local IP address? Third: can it reach the router? Fourth: can it reach a local server by IP address? Fifth: can it

resolve a local hostname? Only after those checks should you focus on the WAN/internet path. This avoids rebooting every device because one external service is unavailable.

Static addresses: use the least fragile method

For a household server, a router-side DHCP reservation is usually easier to manage than manually setting a static address on the device. If you do assign addresses manually, they must be in the correct subnet and must not conflict with the DHCP pool or another device. Misconfiguration can make the service disappear from the network at exactly the wrong time.

Design for an outage before it happens

Keep a one-page local network note: router address, Wi-Fi SSID, where the router is powered from, server name/address, and which services are intended to work offline. Test by disconnecting the router's WAN cable while leaving the LAN powered. Confirm that the local page, file share or printer you care about still works.

Verify / learn

These references are resolved from GPN's central source registry so authority, coverage and source changes can be managed in one place. If a current official source conflicts with this guide, follow the current official source.

> **TECHNICAL / REFERENCE SOURCE**
>
> **Raspberry Pi networking documentation**
>
> Device/project documentation; router interfaces and other operating systems differ.
>
> https://www.raspberrypi.com/documentation/computers/configuration.html

Editorial review date: 30 September 2026. Next scheduled review: 28 January 2027.

INFORMATION CHECK✓ CURRENT REVIEW

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30 Sep 2026	28 Jan 2027	1 sources

Source availability is not hazard status. Offline reference material must never be interpreted as a live all-clear.

GET PREPPED NOW // ORIGINAL GUIDE

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OFFLINE RESILIENCE GUIDE // UK EDITION

Build a Small Offline Information Server

Use an old laptop, Raspberry Pi or mini PC to serve household documents and reference pages over your own local network — without exposing it to the public internet.

OFFLINE REFERENCE | UPDATED 30 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIELD CARD

Immediate actions first. Then read the conditions and limits below.

FIRST ACTIONS

- Start with a folder of static HTML/PDF/text files; complexity is optional.
- Give the server a predictable local address, preferably using a DHCP reservation on the router.
- Serve only to the LAN unless you deliberately know how to secure an internet-facing service.
- Keep a second offline copy of irreplaceable documents; the server is an access point, not the only backup.

DO NOT

- Do not port-forward the server to the public internet by default.
- Do not store a household medical dossier, passwords or other highly sensitive personal data on a broadly shared server.
- Do not rely on one SD card or one computer as the sole copy of important information.

IF THIS HAPPENS

- If the internet is down but the router is powered, browse directly to the server’s local IP address.
- If the router is unavailable, a technically confident user can build a standalone access point, but test that configuration in advance rather than improvising during an incident.

WHAT YOU NEED

- Low-power computer
- Storage with a backup copy
- Local router/switch or tested standalone network
- Simple web server or file share
- Printed local address/instructions

> **BOUNDARY**
> This is a practical reference aid. Current official instructions, emergency services, competent professionals and product documentation take priority where they conflict.

The simplest useful version

The smallest useful “server” is just a low-power computer that stores files and presents them to other devices on the LAN. Static HTML is ideal because it needs almost no processing and remains readable in any browser. You can also keep PDFs, text manuals, exported contacts, offline maps and a community bulletin page.

Choose boring hardware

An old laptop has a screen, keyboard and built-in battery, which can make it unusually resilient. A Raspberry Pi is compact and efficient. A mini PC offers more storage and performance. The best choice is the machine you already understand, can power safely and can repair or replace. Avoid creating a specialist appliance that nobody else in the household knows how to use.

Serve a static folder

On Raspberry Pi OS, the official documentation describes installing Apache to serve local webpages. Other simple choices exist on Windows, macOS and Linux. The principle is the same: put static files in a web root, start the service, and browse to the machine’s local IP address from another device. Keep the stack minimal; a household reference library does not need a database.

Make the address predictable

Use the router’s DHCP reservation feature so the server normally receives the same local address. Give it a clear hostname if your network resolves local names, but also print the numeric address because local name resolution can fail. Put the address on the server case or a paper household plan.

What to host

Useful content includes a GPN static/offline copy, appliance and equipment manuals, scanned emergency plans, non-sensitive contact sheets, local council and utility phone numbers, public first-aid references, offline maps, a simple bulletin page and files that neighbours or household

members may need. Keep personal identifiers and sensitive medical details off a shared server unless access control and the need are properly considered.

Security boundary

A service reachable only from your trusted LAN has a smaller exposure than a public internet service, but it still needs updates, strong accounts and sensible permissions. Raspberry Pi’s operational-security guidance recommends current software and firewall controls. Disable services you do not need. Do not enable router port forwarding or UPnP exposure for convenience.

Backups and checksums

The server should not be the archive of last resort. Keep a second copy on a removable drive stored separately, and optionally a third copy on another device. A checksum such as SHA-256 can help confirm that a large archive has not silently changed; store the checksum list alongside the backup. A checksum proves file consistency, not trustworthiness or freshness.

Test the failure mode

Disconnect the internet/WAN while leaving the LAN powered. From a phone or laptop, open the local server, download a document and follow a local link. Then reboot the server and confirm the service starts automatically. If those steps do not work during a calm test, they are unlikely to improve during an outage.

Verify / learn

These references are resolved from GPN’s central source registry so authority, coverage and source changes can be managed in one place. If a current official source conflicts with this guide, follow the current official source.

> **TECHNICAL / REFERENCE SOURCE**
> **Raspberry Pi remote-access and web-server documentation**
> Example project documentation. Secure configuration and software maintenance remain the operator’s responsibility.
> https://www.raspberrypi.com/documentation/computers/remote-access.html

> **TECHNICAL / REFERENCE SOURCE**
> **Raspberry Pi operational security**
> Applies to Raspberry Pi systems; equivalent controls vary on other platforms.
> https://www.raspberrypi.com/documentation/security/operational-security.html

> **TECHNICAL / REFERENCE SOURCE**
> **Raspberry Pi networking documentation**
> Device/project documentation; router interfaces and other operating systems differ.
> https://www.raspberrypi.com/documentation/computers/configuration.html

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INFORMATION CHECK✓ CURRENT REVIEW

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30 Sep 2026	28 Jan 2027	3 sources

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GET PREPPED NOW // ORIGINAL GUIDE

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OFFLINE RESILIENCE GUIDE // UK EDITION

Mesh + Resilient Local Communications

Understand what mesh networking can and cannot do, where PMR446 fits, and how to plan household or community communications without claiming a network can do more than it can.

OFFLINE REFERENCE | UPDATED 30 SEP 2026 | UK FOCUS

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LAYER 1 // ACT

FIELD CARD

Immediate actions first. Then read the conditions and limits below.

FIRST ACTIONS

- Write a communications plan before choosing a radio or mesh technology.
- Use at least two independent paths where practical: for example mobile phone plus radio/physical meeting point.
- Treat any mesh as local connectivity unless it has a separately working route to the internet.
- For UK radio, use compliant equipment within current Ofcom rules.

DO NOT

- Do not imply that a mesh automatically reaches emergency services.
- Do not transmit on frequencies/power levels for which your equipment or operator is not authorised.
- Do not depend on an app that requires a cloud login if your objective is internet-independent messaging.

IF THIS HAPPENS

- If mobile data fails but local devices can still connect, a local-only service may continue to pass messages within its coverage.
- If the system has only one gateway or power source, that single point can still fail even when the radio layer is “mesh”.

WHAT YOU NEED

- Paper contacts and meeting points
- Charged devices / spare power
- Agreed channels or local service addresses
- A test schedule
- Clear expectations about range and coverage

> **BOUNDARY**
> This is a practical reference aid. Current official instructions, emergency services, competent professionals and product documentation take priority where they conflict.

Mesh connectivity ≠ internet access ≠ emergency-service communication

A mesh is a network in which nodes can connect through one another rather than every device depending on a single central access point. That can improve local reach or provide alternate paths between participants. It does not create internet connectivity unless at least one node has a working internet gateway, and it does not create a route to 999/112 unless the technology/service explicitly provides one.

Wi-Fi mesh

Consumer Wi-Fi mesh systems use multiple access points to extend one local network. They are useful for coverage around a building, but most still depend on power at each node and often on a single router/gateway for internet. During a broadband outage the local Wi-Fi may remain useful; during a power outage unpowered mesh nodes disappear.

Device-to-device and Bluetooth concepts

Some applications can exchange data directly over Bluetooth or local Wi-Fi. The benefit is that nearby devices may communicate without a mobile network. The limitations are range, platform compatibility, battery use, app availability and whether the app secretly depends on an online account or server for setup. Test the exact application in airplane mode before relying on it.

LoRa-style low-bandwidth networks

LoRa and similar long-range low-data-rate radio technologies are useful for small messages and sensors, not broadband. Range depends heavily on frequency, antenna height, terrain, buildings and legal power limits. Some popular “mesh” projects use licence-exempt spectrum; others may have regional settings or equipment requirements. Use the UK-legal configuration and do not assume a product sold online is legal to transmit as configured.

PMR446 in the UK

Ofcom describes compliant PMR446 as a mobile, short-range, simplex, peer-to-peer service operating in 446.0–446.2 MHz, with compliant use licence-exempt and limited to low power (0.5 W ERP maximum). Use purpose-built compliant PMR446 handhelds as supplied. Range claims on packaging are best-case marketing; buildings, terrain and other users can reduce practical range substantially.

Amateur radio

Amateur radio can support technically capable local and long-distance communication, but transmitting generally requires an appropriate UK amateur radio licence and compliance with its conditions. It is a training and community pathway, not an excuse to transmit unlawfully during ordinary disruption. If it interests you, learn and license before you need it.

Community plan beats gadget collection

Agree who checks whom, what time windows to listen, which channel or local page to use, what happens if radio fails, and where people meet if no electronic path works. Use short, plain messages and avoid sharing sensitive personal details over open or shared radio channels. A communications plan should degrade gracefully from internet → mobile/SMS → local network/ radio → paper/physical contact.

Verify / learn

These references are resolved from GPN’s central source registry so authority, coverage and source changes can be managed in one place. If a current official source conflicts with this guide, follow the current official source.

> **PRIMARY / AUTHORITATIVE SOURCE**
>
> **Ofcom licence-exempt devices / PMR446**
>
> Only compliant equipment operated within the applicable technical conditions is licence-exempt. Spectrum rules can change.
>
> https://www.ofcom.org.uk/spectrum/radio-equipment/licence-exempt-devices

> **PRIMARY / AUTHORITATIVE SOURCE**
>
> **UK Emergency Alerts**
>
> Get Prepped Now does not independently poll this service for a local all-clear.
>
> https://www.gov.uk/alerts

Editorial review date: 30 September 2026. Next scheduled review: 28 January 2027.

INFORMATION CHECK✓ CURRENT REVIEW

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OFFLINE RESILIENCE GUIDE // UK EDITION

First Aid When Help May Be Delayed

A calm memory aid for immediate first-aid actions while professional help is on the way. It is not a replacement for 999/112, clinical care or hands-on training.

OFFLINE REFERENCE | UPDATED 13 OCT 2026 | UK FOCUS

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LAYER 1 // ACT

FIELD CARD

Immediate actions first. Then read the conditions and limits below.

FIRST ACTIONS

- Check for danger to you and the casualty.
- If someone is unresponsive, call 999/112 as soon as possible and follow the call handler; assess breathing and start CPR if they are not breathing normally.
- Control life-threatening external bleeding with firm direct pressure while help is being arranged.
- Use an AED as soon as available; switch it on and follow its spoken/visual instructions.

DO NOT

- Do not delay a 999/112 call while reading this page.
- Do not give food or drink to an unconscious person.
- Do not induce vomiting after suspected poisoning unless a clinician specifically instructs you.
- Do not attempt surgery, invasive procedures or improvised prescription treatment.

IF THIS HAPPENS

- If mobile data is unavailable but a voice call works, call 999/112; do not wait for the website to return.
- If a casualty deteriorates, reassess responsiveness and breathing and update the emergency call handler.

WHAT YOU NEED

- First-aid kit and gloves
- AED location knowledge
- Warm covering
- Paper list of critical medical information the person chooses to carry

> **BOUNDARY**
> This is a practical reference aid. Current official instructions, emergency services, competent professionals and product documentation take priority where they conflict.

Unconscious and not breathing normally

Resuscitation Council UK 2025 guidance says to call 999 as soon as you find an unresponsive person, then assess breathing with the call handler’s support. If they are not breathing normally, start chest compressions in the centre of the chest: 100–120 compressions a minute, about 5–6 cm deep in an adult, allowing full recoil and minimising pauses. If trained and willing, use 30 compressions followed by 2 rescue breaths; otherwise continue chest-compression-only CPR. Switch on an AED as soon as one is available, attach the pads as shown and follow its spoken/visual prompts. Continue until professional help takes over, the person shows clear signs of life, or you cannot continue.

Choking

If the person can cough effectively, encourage coughing and watch for deterioration. If the cough becomes ineffective, give up to 5 back blows. If that does not clear the obstruction, give up to 5 abdominal thrusts. If choking is still not relieved, call 999/112 and continue alternating 5 back blows with 5 abdominal thrusts until it clears or the person becomes unresponsive. Do not perform a blind finger sweep. If they become unresponsive, start CPR. Anyone treated with abdominal thrusts or chest compressions after choking should be assessed by a healthcare professional because complications can occur.

Major bleeding

Expose the wound if you can do so safely and apply firm, continuous direct pressure with a dressing or clean material. Add more material on top if blood soaks through rather than repeatedly lifting the first pad to look. Call 999/112 for severe bleeding. If an object is embedded, do not pull it out; apply pressure around it and wait for professional help. Tourniquets require appropriate training and are for catastrophic limb bleeding when indicated by current first-aid guidance.

Burns

Move away from the heat source if safe. Cool any burn or scald with cool running water for 20 minutes as soon as possible, ideally within three hours. If running water is unavailable, the NHS

says cool bottled water or a wet towel can be used. Remove nearby loose jewellery or clothing unless it is stuck. After cooling, lay cling film over the burn without wrapping it tightly. Never use ice, butter, oils or creams, and do not burst blisters. Call 999 or go to A&E for very large or deep burns, burns on the face, genitals or bottom, or burns caused by chemicals or electricity. If unsure about a less severe burn, seek advice through the applicable local NHS service.

Shock

Shock after major bleeding, burns or injury is life-threatening. Treat the cause you can see, call 999/112, help the person lie down if appropriate, keep them warm and monitor breathing and responsiveness. Do not give food or drink if major injury or emergency treatment is likely.

Fractures and suspected spinal injury

Keep the injured area still and support it in the position found. Do not try to straighten a deformed limb. For major trauma, severe pain, loss of circulation/sensation or suspected spine injury, call 999/112. Move someone with a possible spinal injury only if remaining in place creates a greater immediate danger or airway/breathing requires it.

Head injury warning signs

A worsening headache, repeated vomiting, increasing drowsiness/confusion, seizure, difficulty speaking/walking, unequal pupils, loss of consciousness or fluid/blood from the ears/nose are reasons for urgent emergency assessment. After a serious head injury, call 999/112 and avoid unnecessary movement.

Poisoning

NHS guidance says to get medical advice immediately if poisoning is suspected and to call 999/A&E for severe features such as loss of consciousness, breathing difficulty or seizures. Keep packaging or container information for clinicians if safe. Do not make the person vomit and do not give them food or drink unless professionals instruct you.

Hypothermia and heat illness

If you suspect hypothermia, arrange emergency assessment: call 999/112 or go to A&E without driving yourself. While help is coming, move the person into shelter, replace wet clothes with dry layers, wrap them including the head and stay with them. Only offer a warm non-alcoholic drink or sugary food if they are fully awake and can swallow safely. Do not rub their limbs or use a hot bath, hot water bottle or heat lamp. For heat exhaustion, move to a cool place, remove excess clothing, give water only if fully awake and able to swallow, and cool the skin with water and airflow. Call 999/112 immediately for suspected heatstroke, including confusion, seizure, loss of consciousness or a person still unwell after 30 minutes of cooling. Continue cooling while help is coming.

Seizures and dehydration

During a seizure, protect the person from nearby hazards, cushion the head, do not restrain them and do not put anything in the mouth. Time the seizure and follow emergency guidance, especially if it is prolonged, repeated, a first seizure, occurs in water, involves injury/pregnancy, or recovery is abnormal. For dehydration in an awake person able to swallow, small regular fluids may help, but severe weakness, confusion, fainting or inability to keep fluids down needs urgent medical assessment.

Verify / learn

These references are resolved from GPN’s central source registry so authority, coverage and source changes can be managed in one place. If a current official source conflicts with this guide, follow the current official source.

> **PRIMARY / AUTHORITATIVE SOURCE**
> **Resuscitation Council UK 2025 Guidelines**
> Reference guidance does not replace practical first-aid training or emergency clinical care.
> https://www.resus.org.uk/professional-library/2025-resuscitation-guidelines

> **TECHNICAL / REFERENCE SOURCE**
> **St John Ambulance first-aid advice**
> Reference aid only; call 999/112 for life-threatening emergencies and follow call-handler instructions.
> https://www.sja.org.uk/first-aid-advice/

> **PRIMARY / AUTHORITATIVE SOURCE**
> **NHS: poisoning**
> Use emergency services for severe symptoms; do not improvise treatment or induce vomiting.
> https://www.nhs.uk/conditions/poisoning/

> **PRIMARY / AUTHORITATIVE SOURCE**
> **NHS: Burns and scalds**
> Cooling, covering and when emergency care is needed. NHS 111 routing is nation-specific; do not assume online 111 access everywhere.
> https://www.nhs.uk/conditions/Burns-and-scalds/

> **OFFICIAL CLINICAL REFERENCE // REVIEW DATE OVERDUE**
> **NHS: Hypothermia**
> Emergency assessment and safe warming. NHS publisher review was due in June 2026; keep that source-review warning open.
> https://www.nhs.uk/conditions/hypothermia/

> **OFFICIAL CLINICAL REFERENCE**
> **NHS: Heat exhaustion and heatstroke**
> Emergency signs, cooling steps and the 30-minute escalation threshold; NHS England service routing applies.
> https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/

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INFORMATION CHECK✓ CURRENT REVIEW

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GET PREPPED NOW // ORIGINAL GUIDE

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OFFLINE RESILIENCE GUIDE // UK EDITION

Medical Continuity During Disruption

Plan medicines, powered equipment, refrigeration, carers and accessible evacuation before a power, transport or communications outage interrupts normal routines.

OFFLINE REFERENCE | UPDATED 30 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIELD CARD

Immediate actions first. Then read the conditions and limits below.

FIRST ACTIONS

- Keep an up-to-date medicine list with drug name, strength, usual timing, prescriber/pharmacy and allergies — on paper or in a private local record you control.
- Order repeat medicines in normal time; do not deliberately stockpile beyond clinical/pharmacy advice.
- Ask the clinical team and equipment supplier what to do during a power cut if equipment or refrigerated medicine is essential.
- Register for appropriate priority utility support if eligible; support helps but does not guarantee uninterrupted power.

DO NOT

- Do not change prescription doses or stop essential medicines because of this guide.
- Do not guess whether a temperature-sensitive medicine is still usable after a storage excursion; ask a pharmacist/clinical team/manufacturer.
- Do not upload or publish a sensitive household medical profile to a shared community server.

IF THIS HAPPENS

- If you run out of regular medicine, use the current nation-appropriate NHS/urgent pharmacy route; England has an NHS 111 online emergency-prescription service.
- If loss of power creates immediate danger from a medical device or condition, call 999/112 or the emergency route specified by the clinical team.

WHAT YOU NEED

- Medicine list and allergies
- Pharmacy / GP / specialist / equipment contacts
- Device model, battery runtime and backup instructions
- Accessible transport/evacuation plan
- Private backup copies of key documents

> **BOUNDARY**
> This is a practical reference aid. Current official instructions, emergency services, competent professionals and product documentation take priority where they conflict.

Build a continuity sheet, not a medical database

A one-page private list can make disruption much easier: medicines and strengths, allergies, diagnoses only where necessary for emergency care, pharmacy/GP/specialist contacts, device suppliers, and what cannot safely be interrupted. Keep it in a place the person and carers can reach. A printed copy is resilient and avoids turning a household server into a repository of sensitive health data.

Repeat prescriptions and emergency supply

Order routine repeat prescriptions with normal lead time. If a medicine has run out unexpectedly, current NHS routes can help: in England, NHS 111 online can direct an emergency prescription request, and community pharmacies may be able to make an emergency supply in some circumstances. Scotland, Wales and Northern Ireland use their own NHS/health-service routes. The pharmacist or prescriber decides what can legally and safely be supplied.

In Northern Ireland, urgent but not immediately life-threatening care may be directed through the local HSC Trust’s Phone First service where available, or GP out-of-hours. Phone First is not available in every Trust. The official nidirect urgent-and-emergency-care page explains local options. Call 999 immediately for a life-threatening emergency; do not try an England-only NHS 111 online route for a Northern Ireland address.

Refrigeration-dependent medicines

Different medicines tolerate different temperatures and time outside refrigeration. Keep the original packaging and patient information leaflet, note the manufacturer, and ask the pharmacist or clinical team for a specific power-cut plan. Do not freeze medicines. Do not use a generic internet temperature rule for every drug. If a fridge outage occurs, record how long the power was off and the approximate conditions, then get professional advice before discarding or using uncertain stock.

Powered medical equipment

UK Prepare advises people who rely on powered medical equipment to make a plan with their care provider/clinical team and understand what the equipment does during a power disruption. Record normal power draw, internal battery runtime, approved external backup options, charging time and the 24/7 device-support number. Test backup power only in the way the manufacturer/clinical provider permits.

Priority utility support

Ofgem’s Priority Services Register in Great Britain can provide additional support such as priority assistance in emergencies and, where possible, advance notice of planned cuts. Network operators may offer different practical support. Northern Ireland has its own customer-care arrangements. Registration is useful but it is not a guarantee of continuous supply, so critical medical plans still need a clinical fallback.

Carers and handover

Make sure more than one person knows the essential routine, where supplies are stored, what symptoms mean “call for help”, and how to operate approved backup equipment. If a professional carer normally visits, ask the provider how missed visits or transport disruption are handled. Keep a paper contact tree so one failed phone does not become a single point of failure.

Mobility and accessible evacuation

Plan how a person gets out of the building if lifts, powered doors, stairlifts or mobility-equipment chargers fail. Identify what can be carried, what needs assistance and where mobility aids/spares are kept. Do not attempt unsafe manual handling. If evacuation is ordered, tell responders about mobility, communication, sensory or medical-equipment needs early.

Privacy boundary

Medical continuity data is sensitive. Keep detailed records local to the person who needs them, protected on personal devices or on paper. GPN does not require an account for this guide and should not send a household medical profile to a server. A community information server should contain general emergency information, not other people’s diagnoses or medication lists.

Verify / learn

These references are resolved from GPN’s central source registry so authority, coverage and source changes can be managed in one place. If a current official source conflicts with this guide, follow the current official source.

> **PRIMARY / AUTHORITATIVE SOURCE**
>
> **NHS: emergency prescriptions**
>
> Availability, medicine eligibility and supply route depend on clinical/legal circumstances and location.
>
> https://www.nhs.uk/nhs-services/prescriptions/emergency-prescriptions/

PRIMARY / AUTHORITATIVE SOURCE

Ofgem Priority Services Register

Support varies by supplier/network operator and does not guarantee uninterrupted supply.

https://www.ofgem.gov.uk/your-energy-supply/how-manage-your-energy-supply/join-your-suppliers-priority-services-register

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare

Preparedness guidance, not a live incident feed.

https://prepare.campaign.gov.uk/get-prepared-for-emergencies/

TECHNICAL / REFERENCE SOURCE

NHS 111 England

Use 999 for a life-threatening emergency.

https://111.nhs.uk/

TECHNICAL / REFERENCE SOURCE

NHS 24 / 111 Scotland

Use 999 for a life-threatening emergency.

https://www.nhsinform.scot/campaigns/right-care-right-place

TECHNICAL / REFERENCE SOURCE

NHS 111 Wales

Use 999 for a life-threatening emergency.

https://111.wales.nhs.uk/

TECHNICAL / REFERENCE SOURCE

Northern Ireland GP out-of-hours

Use 999 for a life-threatening emergency.

https://www.nidirect.gov.uk/articles/gp-out-hours-service

PRIMARY / AUTHORITATIVE SOURCE

nidirect: urgent and emergency care services

Northern Ireland emergency, regional Phone First and GP routes; 999 for life-threatening emergencies.

https://www.nidirect.gov.uk/articles/urgent-and-emergency-care-services

Editorial review date: 13 October 2026. Next scheduled review: 10 February 2027. If an official source conflicts with this guide, follow the current official source.

INFORMATION CHECK✓ CURRENT REVIEW

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13 Oct 2026	10 Feb 2027	8 sources

Source availability is not hazard status. Offline reference material must never be interpreted as a live all-clear.

GET PREPPED NOW // ORIGINAL GUIDE

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OFFLINE RESILIENCE GUIDE // UK EDITION

Water Treatment + Emergency Sanitation

Know when stored water is safest, what boiling can and cannot fix, and how to prevent a water outage from becoming a hygiene problem.

OFFLINE REFERENCE | UPDATED 30 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIELD CARD

Immediate actions first. Then read the conditions and limits below.

FIRST ACTIONS

- Use known safe stored/bottled water first when the mains supply is suspect.
- Follow the exact water-company/local-authority notice: “boil”, “do not drink” and “do not use” mean different things.
- Keep clean water containers and dirty-water handling physically separate.
- If floodwater or chemical contamination is possible, do not assume household boiling or a camping filter makes it drinkable.

DO NOT

- Do not drink floodwater.
- Do not assume a clear appearance or normal smell proves water is safe.
- Do not use a filter outside its certified contaminant limits.
- Do not improvise chemical doses when an approved product label or official instruction is available.

IF THIS HAPPENS

- If mains water changes colour, taste or smell, contact the water company and use an alternative supply or follow its advice.
- If sewerage is backing up, stop adding wastewater where possible and keep people away from contamination.

WHAT YOU NEED

- Stored potable water
- Food-grade containers
- Soap / hand sanitiser / wipes
- Approved water-treatment product if part of your plan
- Heavy-duty bags/absorbent material for a temporary toilet plan

> **BOUNDARY**
> This is a practical reference aid. Current official instructions, emergency services, competent professionals and product documentation take priority where they conflict.

Start with known-safe water

Stored potable water is the least ambiguous option when normal supply is interrupted. UK Prepare notes that needs vary and cites 2.5–3 litres of drinking water per person per day as a minimum survival reference, with more needed for cooking, hygiene, babies, medical devices and pets. Rotate stored water according to container/manufacturer guidance and protect it from contamination.

Suspect mains water

If tap water changes colour, taste or smell, contact the water company. During an incident, the company may issue a boil-water notice, a do-not-drink notice or a do-not-use notice. Those are not interchangeable. A do-not-use instruction can reflect contamination for which even bathing or washing may be restricted. Follow the incident notice exactly.

Boiling: strong for microbes, useless for many chemicals

UK public-health guidance describes boiling as one of the most effective ways to deal with microbial contamination. It can kill bacteria, viruses and parasites when done according to the official notice. It does not remove harmful chemicals, fuels, heavy metals or many flood contaminants and may concentrate some dissolved substances as water evaporates. If chemical contamination is possible, use an alternative supply and official advice.

Filtration

A filter only removes what it is designed and certified to remove. A basic particulate filter may make water clearer but do little against viruses or dissolved chemicals. Some backcountry filters target protozoa/bacteria; activated carbon may reduce some tastes/organics; specialist systems have different limits. Read the product standard and contaminant claims rather than treating “filtered” as a universal safety state.

Chemical disinfection

For household preparedness, prefer a purpose-made drinking-water disinfection product and follow its label exactly for water volume, contact time and temperature. Different chemicals and concentrations require different dosing, so this guide deliberately does not give a universal household-bleach recipe. Chemical disinfection is aimed mainly at microbes and does not make chemically polluted or flood-contaminated water safe.

Containers and cross-contamination

Use clean, food-grade containers for drinking water and keep caps, taps and scoops clean. Do not dip dirty cups or hands into stored water. Label non-potable water clearly. Keep water used for toilet flushing or cleaning separate from drinking supplies so nobody can confuse them in low light or stress.

Hand hygiene when water is scarce

Handwashing with safe water and soap remains important after toilet use and before preparing food. UK public-health guidance advises using bottled water for handwashing if the normal water supply is disrupted/unsafe. Alcohol hand sanitiser can be useful when hands are not visibly dirty, but it does not solve every contamination problem and is not a substitute for safe water in food preparation.

Temporary toilet principles

If the sewer is working but water is off, local advice may permit limited flushing with non-potable water. If sewerage is backing up or authorities advise against flushing, stop adding wastewater. A temporary household toilet can use a sturdy lined container or an existing toilet bowl with the water supply isolated, using heavy-duty bags and absorbent material. Seal waste, keep it away from children/pets/food and follow council instructions for disposal. Do not dispose of bags into floodwater or drains.

Floodwater is a contamination source

Floodwater can contain sewage, fuels, chemicals, sharp objects and hidden electrical hazards. Do not treat it as a routine raw-water source for drinking. During cleanup use protective clothing and hand hygiene, and follow UKHSA/local-authority advice. If a private well or spring has been flooded, assume it is unsafe until the relevant authority confirms otherwise.

Verify / learn

These references are resolved from GPN’s central source registry so authority, coverage and source changes can be managed in one place. If a current official source conflicts with this guide, follow the current official source.

PRIMARY / AUTHORITATIVE SOURCE

Drinking Water Inspectorate: boil-water notice

Always follow the specific notice from the water company/local authority; boiling does not remove chemical contamination.

https://www.dwi.gov.uk/receiving-a-boil-water-notice/

PRIMARY / AUTHORITATIVE SOURCE

UKHSA / GOV.UK flooding and health advice

General public-health guidance; local authorities and utilities may issue incident-specific instructions.

https://www.gov.uk/government/publications/flooding-and-health-public-advice/flooding-and-health-advice-for-the-public

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare

Preparedness guidance, not a live incident feed.

https://prepare.campaign.gov.uk/get-prepared-for-emergencies/

Editorial review date: 30 September 2026. Next scheduled review: 28 January 2027.

INFORMATION CHECK✓ CURRENT REVIEW

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30 Sep 2026	28 Jan 2027	3 sources

Source availability is not hazard status. Offline reference material must never be interpreted as a live all-clear.

GET PREPPED NOW // ORIGINAL GUIDE

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OFFLINE RESILIENCE GUIDE // UK EDITION

Household Utility Isolation + Basic Damage Control

Find the shut-offs before an emergency, know when high-level isolation is appropriate, and recognise the point where water, gas, electricity or structural damage becomes a professional problem.

OFFLINE REFERENCE | UPDATED 30 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIELD CARD

Immediate actions first. Then read the conditions and limits below.

FIRST ACTIONS

- Locate and label the internal water stop tap, electricity main switch/consumer unit and gas meter/emergency control before disruption.
- For a major water leak, turn off the internal water stop tap if it is safe and accessible.
- If you smell gas or suspect a gas emergency, use the correct national emergency route immediately and follow its safety instructions (Great Britain: 0800 111 999; Northern Ireland: 0800 002 001).
- After flooding/water ingress, do not touch wet electrical equipment or re-energise a damaged installation until it has been assessed appropriately.

DO NOT

- Do not enter standing water to reach an electrical switch.
- Do not repair gas pipework/appliances yourself.
- Do not remove covers from live consumer units or bypass protective devices.
- Do not enter a building showing signs of serious structural instability.

IF THIS HAPPENS

- If water is near electrics and you cannot isolate power without entering the hazard, keep out and call emergency/utility professionals.
- If a wall, ceiling, roof or floor is visibly moving, bulging, partially collapsed or making new structural noises, leave the area and seek professional/emergency advice.

WHAT YOU NEED

- Labels on isolation points
- Torch
- Water-absorbent materials / buckets
- Utility emergency numbers on paper
- Basic PPE for cleanup after authorities say it is safe

> **BOUNDARY**
> This is a practical reference aid. Current official instructions, emergency services, competent professionals and product documentation take priority where they conflict.

Make an isolation map

GOV.UK flood-preparation guidance recommends knowing how to turn off mains water, gas and electricity. Walk the property while everything is normal. Photograph each control, label it and put the locations on the household action sheet. Different properties place them differently, so a generic diagram is less useful than your own verified map.

Water: internal stop tap

WaterSafe says the internal stop tap is commonly under the kitchen sink but may be in a utility room, bathroom, cellar, garage or under the stairs. Close it slowly; many traditional valves close clockwise. Never force a seized valve. If it will not operate, arrange repair before an emergency. External boundary stop taps may belong to the water company and should not be treated as your routine household control.

Electricity: consumer unit boundary

The consumer unit/fuse board normally has a main switch that can isolate the installation, but only approach it if the area is dry and safe. If there is water inside the consumer unit, signs of arcing/overheating, damaged wiring or standing water around electrical equipment, keep away and get professional help. Do not remove covers or work on live fixed wiring.

Gas: use the emergency route

If you smell gas or suspect a gas emergency, use the emergency number for your nation: in Great Britain call 0800 111 999; in Northern Ireland call 0800 002 001. Official network/public-service guidance says avoid flames and electrical switching, ventilate by opening doors/windows where safe, and follow the emergency operator. Turning off at the meter can be appropriate in some ordinary domestic situations, but there are exceptions; never enter a cellar or unsafe area simply to reach the valve, and do not attempt pipe/appliance repair. If anyone may be affected by carbon monoxide, get people into fresh air and seek urgent medical help; call 999/112 for immediate danger.

Contain water without creating a second hazard

After isolating water, catch drips with containers, move possessions out of the flow and protect lower floors if safe. Do not climb into unstable ceilings or reach near electrical fittings. A temporary patch is only damage limitation until a plumber or building professional can assess the failure.

Flooding

Do not walk into floodwater inside or outside the property to save possessions. It can hide holes, contamination and electrical hazards. If authorities advise evacuation, leave. When returning, assume wet electrical systems and gas appliances need checking before use. Photograph damage before major cleanup if it is safe to do so and your insurer’s process allows.

Structural warning signs

Leave and seek professional/emergency advice for partial collapse, visibly displaced walls, major new cracks accompanied by movement, sagging/bulging ceilings, unstable chimneys, doors suddenly jammed by distortion, or unusual creaking after impact/flood/fire. This guide cannot determine structural safety from appearance alone.

Ventilation and contamination

Ventilation can help drying after an incident once the property is declared safe, but do not create airflow through an active fire/smoke event or enter contaminated/structurally unsafe spaces. Flood cleanup may require gloves, boots, eye protection and public-health precautions. Utility isolation is the beginning of damage control, not permission to start hazardous repair work.

Verify / learn

These references are resolved from GPN’s central source registry so authority, coverage and source changes can be managed in one place. If a current official source conflicts with this guide, follow the current official source.

> **PRIMARY / AUTHORITATIVE SOURCE**
>
> **GOV.UK: protect your property from flooding**
>
> High-level preparation guidance; utility equipment and safe isolation points vary by property.
>
> https://www.gov.uk/prepare-for-flooding/protect-your-property

> **TECHNICAL / REFERENCE SOURCE**
>
> **WaterSafe: locate and use an internal stop tap**
>
> Do not force a seized valve; external boundary valves may belong to the water company and have different rules.
>
> https://www.watersafe.org.uk/advice/general_plumbing_advice/winter_advice/locate-internal-stop-tap/

PRIMARY / AUTHORITATIVE SOURCE

National Gas Emergency Service

For suspected gas or carbon-monoxide emergencies. Repairs to appliances/internal pipework require appropriately qualified professionals.

https://www.nationalgas.com/emergency-contacts

PRIMARY / AUTHORITATIVE SOURCE

nidirect: Northern Ireland Gas Emergency Service

Northern Ireland gas-emergency route; use 999/112 for immediate danger.

https://www.nidirect.gov.uk/articles/energy-power-supply-and-utilities

TECHNICAL / REFERENCE SOURCE

Electrical Safety First: electrical safety after a flood

Consumer safety guidance; inspection and repair of damaged fixed installations requires a competent electrician.

https://www.electricalsafetyfirst.org.uk/safety-advice/home-and-people/house-maintenance/electrical-safety-after-a-flood/

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GET PREPPED NOW // ORIGINAL GUIDE

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OFFLINE RESILIENCE GUIDE // UK EDITION

Recovery After Disruption

Preparedness continues after the immediate danger: return safely, document damage, restore utilities carefully, replace used supplies and capture what failed.

OFFLINE REFERENCE | UPDATED 30 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIELD CARD

Immediate actions first. Then read the conditions and limits below.

FIRST ACTIONS

- Do not return after evacuation until the relevant authority says it is safe.
- Before moving or discarding damaged property, photograph/video conditions where safe and check insurer/landlord requirements.
- Treat flood-contaminated food, soft furnishings and water-damaged electrics according to official guidance rather than trying to salvage everything.
- Restore gas/electricity/water only when the system is known to be safe and the responsible utility/professional instructions allow it.

DO NOT

- Do not turn wet electrical equipment back on to “see if it works”.
- Do not eat food that has contacted floodwater.
- Do not throw away insured damaged items before checking claim requirements unless they are an immediate health hazard.

IF THIS HAPPENS

- If the building, utilities or floodwater still present a hazard, leave and use the relevant emergency/utility route.
- If recovery is overwhelming, divide it into safety, evidence, essential services, cleaning, welfare and replenishment rather than trying to restore everything at once.

WHAT YOU NEED

- Phone/camera or paper inventory
- Insurance/landlord contacts
- Protective equipment for approved cleanup
- Receipts/claim record
- Restock checklist

> **BOUNDARY**
> This is a practical reference aid. Current official instructions, emergency services, competent professionals and product documentation take priority where they conflict.

Return only when cleared

After evacuation, the first recovery decision is whether it is safe to go back. Follow emergency services, local authority, utility and building-management instructions. Floodwater can leave contamination, hidden electrical damage and structural problems after the visible water falls. A familiar home can still be a hazardous worksite.

Document before disturbing

Take wide photos of each room and close-ups of damage, then make a written inventory. Record the apparent high-water mark after flooding. Keep dates, claim numbers, names of people you speak to and receipts for emergency work. If you rent, notify the landlord as well as any contents insurer. Evidence is easiest to capture before cleanup changes the scene.

Insurance and disposal

Contact the insurer early and ask what can be discarded before an adjuster sees it. GOV.UK advises checking before disposal because damaged property and food may be part of the claim. Items contaminated with sewage/chemicals may need local-authority disposal routes. Immediate health hazards take priority over preserving evidence; photograph them first if safe.

Flood cleanup and hygiene

UKHSA advises protective boots/gloves and hygiene after contact with floodwater, with eye/face protection where splashing is likely. Wash hands thoroughly after cleanup and cover cuts. Avoid high-pressure cleaning that aerosolises contaminated material unless the official guidance and suitable protection support it. Children and pets should be kept away from contaminated areas.

Electrical and gas systems after water damage

Electrical Safety First advises switching off the supply only if it is safe and obtaining professional advice if water has entered the consumer unit or there are signs of arcing/overheating. Do not re-

energise wet fixed wiring or appliances as a test. Gas appliances, meters and controls that have been flooded may also need competent inspection before use.

Food and drinking water

Discard food that has contacted floodwater. Follow current Food Standards Agency/public-health guidance for fridge/freezer contents after a prolonged outage rather than using smell alone. If tap water quality changes, contact the water company and follow its notice. Private supplies exposed to floodwater should be treated as suspect until assessed.

Restore essential services in sequence

Restore only what has been confirmed safe. Start with secure shelter, safe drinking water, sanitation, safe electrical supply and heating appropriate to conditions. Avoid bringing every appliance online at once after a long outage. If a professional isolates something, find out who must authorise or perform reconnection.

Check people and community dependencies

Once your household is safe, check neighbours or relatives who may need help, without entering unsafe property or taking on work beyond your ability. Share verified public information, not rumours. Community recovery often depends on simple tasks: transport, charging, cleanup coordination and making sure nobody is missed.

Replenish and learn

Replace consumed water, batteries, dressings and shelf-stable food. Recharge power banks and radios. Update insurance inventories and emergency contacts. Then write a short after-action note: what failed first, what information was hard to find, what ran out, what equipment was unnecessary, and what single change would reduce the next disruption. Recovery closes the preparedness loop.

Verify / learn

These references are resolved from GPN’s central source registry so authority, coverage and source changes can be managed in one place. If a current official source conflicts with this guide, follow the current official source.

> **PRIMARY / AUTHORITATIVE SOURCE**
>
> **GOV.UK: what to do after a flood**
>
> Incident-specific return and utility instructions from local authorities/emergency services take priority.
>
> https://www.gov.uk/after-flood

PRIMARY / AUTHORITATIVE SOURCE

UKHSA / GOV.UK flooding and health advice

General public-health guidance; local authorities and utilities may issue incident-specific instructions.

https://www.gov.uk/government/publications/flooding-and-health-public-advice/flooding-and-health-advice-for-the-public

TECHNICAL / REFERENCE SOURCE

Electrical Safety First: electrical safety after a flood

Consumer safety guidance; inspection and repair of damaged fixed installations requires a competent electrician.

https://www.electricalsafetyfirst.org.uk/safety-advice/home-and-people/house-maintenance/electrical-safety-after-a-flood/

Editorial review date: 30 September 2026. Next scheduled review: 28 January 2027.

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