



One Week, One Prep – Week 3

Theme: Blackout Basics (Power Cut Readiness)

Why This Matters

- Fridges: safe ~4h if unopened.
- Freezers: 24–48h (full=48h, half=24h).
- Cooking: hobs, ovens, microwaves stop instantly.
- Heating/Hot water: most boilers fail without electricity.
- Internet/Wi-Fi: down unless mobile data works.
- Shops: card payments often stop without power.

The Basics Everyone Should Have

- Light: LED lanterns, torches, or headlamps.
- Power: At least one 20,000 mAh USB power bank + cables.
- Information: Battery/wind-up radio for updates.
- Safety: Spare batteries, lighter/matches, safe candles in trays.
- Plan: Know where your fuse box is and keep key contacts printed.

Beginners – Action Points

- Buy 1 LED lantern or torch plus spare batteries.
- Get a 20,000 mAh power bank, charge and label it.
- Print & tape emergency contacts + fuse box location.
- Do a 10-minute lights-out drill using only your kit.

Experienced Preppers – Level Up

- Add a headlamp for each family member.
- Keep 2–3 charged power banks, rotated monthly.
- Get a hand-crank or solar radio with USB charging.
- Create a blackout tub/box with all essentials inside.
- Consider a solar charger or power station.
- Run a 24-hour no-power household test.

Note: Cooking is also affected during power cuts. For now, keep ready-to-eat foods handy. We'll cover off-grid cooking in Week 6.