# Power outage preparation checklist

Use this companion to “Help a parent prepare for a power outage”. Tick the preparation steps, then fill in only the details you need. This is a household record, not a medical assessment.

## 1. Before you start

Tick an item only when you have checked it. A tick records preparation, not a safety or health result.

- ☐ List the essential devices that need power.
- ☐ Ask about building access during an outage.
- ☐ Place and test a reachable torch.
- ☐ Check the phone charging equipment.
- ☐ Write key contact numbers on paper.
- ☐ Check local emergency supply guidance.
- ☐ Confirm a possible helper and place to stay.
- ☐ Ask the care team about any electricity-dependent medical equipment.

## 2. Details to keep

Power outage preparation checklist · Date _____

**Kit location / checked date**

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**Lighting and charging items to check**

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**Building / utility contact**

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**Nearby helper / agreed contact method**

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**Possible place to stay / transport to confirm**

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**Supplier or clinician questions, if relevant**

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