



Grid-Down Survival — Pocket Guide

QUICK REFERENCE • UK EDITION 1.0

A condensed summary of the Grid-Down Survival Master Guide. Read the full guide first; keep this with your supplies and grab bag.

RULE 1

Act early

The first 24–48 hours, while shops, pumps and cash machines work, are worth more than anything after.

RULE 2

Stay put unless staying is worse

Home, supplies and neighbours are your strongest assets. Moving is a decision, not a panic.

RULE 3

Together • quiet • warm

Groups survive. Don't advertise supplies. Cold kills faster than hunger.

THE FIRST 72 HOURS

FIRST HOUR

- ★ Fill bath, containers, pans with water — now
- ★ Radio on (BBC local, Radio 4 / 5 Live FM or DAB)
- ★ Appliances off at the wall; leave one light on
- ★ Fridge and freezer doors shut
- ☐ Check vulnerable neighbours
- ☐ One text to family; phone to low-power mode

HOURS 1–12

- ★ Fuel the car (if safe, no long queue)
- ★ Cash in small notes
- ★ Prescriptions, painkillers, rehydration salts
- ☐ Top up water, food, gas, batteries, baby & pet supplies — calmly
- ☐ Charge everything; bring everyone home

DAY 1–2

- ★ Warm room + battery CO alarms (winter)
- ★ Eat: fridge → freezer → fresh → tins
- ★ Toilet plan ready (buckets, bags, litter)
- ☐ Count food & water; start rationing
- ☐ Street meeting: needs, skills, watch rota

DAY 2–3: DECIDE

- ★ Getting worse? Use the stay-or-go flow below
- ☐ Moving to family/retreat? Last good window
- ☐ Staying? Secure quietly; light & noise discipline; routine
- ☐ Water stopped? Treat stored water; find bowsers

STAY OR GO?

Official evacuation order?

Yes → **GO** where the authorities say.

Warm room (12°C+), safe water, 2 weeks' food?

Yes → **STAY**. Re-check every few days.

Area unsafe? Known destination expecting you?

Yes → **MOVE EARLY**: daylight, together, light, route + fallback.

No destination → rest centre, or pool with neighbours in the safest, warmest house.

Leave the UK? Only early, with a destination and a right to stay.

KEY NUMBERS

Drinking water (survival)	2.5–3 L / person / day
Water incl. cooking & washing	10 L / person / day
Family of 4, 2 weeks (drinking)	168 L
Food, family of 4	~8,000 kcal / day
Fridge safe, door shut	~4 hours
Freezer: full / half full	~48 h / ~24 h

Healthy room temperature	18°C+ (below 12°C: danger)
Petrol at home, no notification	30 L (plastic ≤10 L, metal ≤20 L)
Grab bag (rule of thumb)	10–15% of body weight
Family on foot (estimate)	10–15 km / day
Power cut · Gas emergency	105 · 0800 111 999
Emergency (any network)	999 / 112

SAFE WATER

Method	How
Boil (best)	Full rolling boil, cool, cover; use within 24 h.
Tablets	Follow the pack; usually 1 per litre, wait 30 min.
Filter	0.1–0.2 micron; boil/tablet too for town water (viruses).
Bleach (last resort)	Plain unscented ~5% bleach: 2 drops/L (4 if cloudy), wait 30 min, faint chlorine smell. US CDC dose — no UK official dose.

Hidden water: hot-water cylinder (100–200 L), loft tank, cisterns (not bowls), pipes. Never drink radiator, flood or town river water.

🚽 TOILET WHEN WATER STOPS

- Water off, sewers OK: flush with a bucket of grey water.
- Sewers failing: two buckets — pee (dilute onto soil) and poo (double-bagged, cover each time with cat litter/sawdust/soil).
- Wash hands with soap after the toilet and before food — every time.
- Diarrhoea: small sips of rehydration solution (1 L water + 6 level tsp sugar + ½ level tsp salt).

WARM ROOM (WINTER)

- One small room, few outside walls; shut it off with blankets over doors and windows.
- Insulate the floor; everyone in together (each person ≈ 100 W of heat).
- Tent or blanket den inside the room; sleeping bags inside duvets.
- Hat, layers, dry socks; hot drinks; fatty snack before bed.
- Ventilate briefly twice a day; **CO alarm with any flame**.
- **Gas boilers stop in a power cut** — they need electricity.
- Hypothermia: shivering, confusion, slurred speech → warm the core, warm sweet drink if awake, no hot bath or rubbing, get help.

☠️ NEVER

- Generator, BBQ or charcoal indoors, in a garage or near windows.
- Gas cooker to heat a room.
- Back-feed a generator into house wiring.
- Walk or drive through flood water.
- Leave candles unattended.
- Tell strangers what supplies you have.
- Carry a weapon or a locking knife in public.

GRAB BAG (PER ADULT, 72 HOURS, 8–12 KG)

WATER & FOOD

- ★ 1.5 L bottles + 2 L bladder
- ★ Filter + purification tablets
- ★ 3 days no-cook food (~2,500 kcal/day)
- ☐ Stove, gas, mug, spork
- ☐ Rehydration sachets

CLOTHING & SHELTER

- ★ Broken-in boots (worn)
- ★ Waterproof jacket + trousers
- ★ Warm layer (not cotton)
- ★ 2–3 pairs walking socks
- ★ Emergency bivvy bag
- ☐ Hat, gloves / sun hat
- ☐ Tarp, cord, sit-mat

LIGHT, NAV, HEALTH

- ★ Head torch + batteries
- ★ Paper OS map + compass
- ★ Phone + power bank + cable
- ★ 7+ days of medicines + list
- ★ Blister kit, first aid
- ☐ Radio, whistle
- ☐ Sanitary items, toilet roll, sanitiser

TOOLS

- ☐ Non-locking folding knife ≤3" or multi-tool
- ☐ Duct tape, cable ties
- ☐ Lighter + matches (waterproof)
- ☐ Sewing kit, spare laces, gloves

DOCUMENTS & MONEY

- ★ Passports, licences + copies
- ★ £100–£300 cash, small notes
- ★ Printed contacts & family plan
- ☐ USB of documents; family photos

OFTEN FORGOTTEN

- ☐ Spare glasses / lenses
- ☐ Dry sleep-only socks
- ☐ Hearing-aid batteries, inhalers, EpiPens, insulin pouch
- ☐ Phone cable that fits
- ☐ Keys & address of destination
- ☐ Child's comfort toy; pet lead & food
- ☐ Bin bags, earplugs, lip balm

HOME STASH — LEVEL 1 (TWO WEEKS, FAMILY OF 4)

- ★ 168+ L drinking water + containers to fill
- ★ 2 weeks of food you eat (~140,000 kcal)
- ★ 3–5 days no-cook food; 2 tin openers
- ★ Gluten-free/allergy stock, separate & labelled
- ★ Baby & pet supplies (4–6 weeks)

- ★ Camping stove + 2 weeks' gas
- ★ Battery CO + smoke alarms
- ★ Sleeping bags (–5°C) + blankets
- ★ Head torches, lanterns, 40+ AA, 20+ AAA
- ★ Wind-up/battery radio (FM + DAB)
- ★ Power banks, charged

- ★ 2 lidded buckets, 100+ bin bags, cat litter
- ★ Toilet roll, wipes, soap, sanitary items
- ★ 30 days' prescriptions + first aid kit
- ★ Cash £200–£500, documents file
- ★ Printed guide, maps, contacts
- ☐ Know your stopcock, gas & fuse box

OUR FAMILY PLAN — FILL IN AND KEEP A COPY IN EVERY BAG

Meeting point 1 (home)

Meeting point 2 (nearby, if home unsafe)

Meeting point 3 (out of area)

Out-of-area contact (name & number)

Check-in times

Who collects the children (school/nursery)

Who checks on older / vulnerable relatives

Fallback destination & route (and alternative)

Radio channel (PMR446 channel / code)

Our trigger points for leaving home

IMPORTANT CONTACTS

Who	Name	Number / address
Family 1		
Family 2		
Neighbour		
GP surgery		
Pharmacy		
Vet		
Work / school		
Council / rest centre		
Electricity network	Power cut line	105
Gas emergency	National Gas Emergency Service	0800 111 999
Water company		

MEDICINES & MEDICAL NEEDS

Person	Medicine, strength, dose, times	Allergies / conditions / NHS no.