

Free checklist

Water & hygiene during a power cut

Secure drinking water, use utility water, maintain hygiene and avoid toilet problems.

Important

This checklist helps you keep water clearly separated: drinking water is for drinking, cooking and medication. Utility water is for toilets, cleaning and basic washing. This checklist is intentionally practical. It does not replace official warnings, medical advice or expert assessment of specific hazards. In acute danger, emergency services, local authority information and official warning channels take priority.

1. Secure drinking water immediately

- ☐ Fill clean bottles, canisters, pots or sealable containers with drinking water.
- ☐ Use only clean, food-safe containers for drinking water.
- ☐ Label containers: drinking water / date.
- ☐ Store drinking water cool, dark and away from chemicals.
- ☐ Reserve water for medication, baby bottles and care first.

Do not mix them up

Baths, buckets or cleaning pails are suitable for utility water, but not automatically for drinking water.

2. Prepare utility water

- ☐ Fill the bath, tubs or buckets with water while mains water is available.
- ☐ Clearly label utility water or store it in a separate place.
- ☐ Use utility water for toilet flushing, cleaning and basic washing.
- ☐ Do not drink from open, dirty or unsuitable containers.

3. Daily planning: ration water

Use	Priority	Note
Drinking	very high	regular small amounts, especially in heat
Medication/baby/care	very high	reserve separately
Cooking	high	simple foods with little water
Hand washing	high	infection protection
Toilet/cleaning	medium	use utility water
Showering/laundry	low	only if enough reserve is available

4. Hygiene with little water

- ☐ Always clean hands before eating, medication and care tasks.

- ☐ Use soap when water is available.
- ☐ Keep hand sanitiser as a reserve.
- ☐ Use wet wipes only as a supplement, not as a permanent solution.
- ☐ Keep kitchen and bathroom surfaces as clean as possible.
- ☐ Strictly separate raw food from ready-to-eat food.

5. Toilet without normal flushing

- ☐ First check whether the sewer system can be used normally. If there is backflow or flooding, do not keep flushing.
- ☐ If water is available: flush the toilet manually with utility water.
- ☐ If flushing is not possible: prepare an emergency toilet.
- ☐ Line a bucket with a strong rubbish bag.
- ☐ After use, cover with cat litter, sawdust or similar material.
- ☐ Seal the bag well and store it child-safe and protected from animals.
- ☐ Clean hands thoroughly afterwards.

Important

An emergency toilet is unpleasant, but better than unhygienic improvisation. Separation, covering, sealing and hand hygiene are what matter.

6. Preparing food with little water

- ☐ Use foods that need little water first.
- ☐ Use liquid from tins where suitable.
- ☐ Reduce dishwashing: one cup, one plate and one set of cutlery per person.
- ☐ Wipe pots immediately before leftovers dry on.
- ☐ If water is unsafe, do not wash food with it.

7. Special situations

- Babies: plan extra clean water, bottle hygiene and suitable food.
- Seniors/care: plan more water for personal care and medication.
- Pets: do not forget drinking water and cleaning needs.
- Heat/tropical climate: increase water needs significantly.
- Illness/diarrhoea/fever: plan more drinking water and hygiene.

8. Personal water plan

Person/animal	Drinking water per day	Reserve for 3 days
Adult person 1		
Adult person 2		
Child/baby		
Pet		
Care/medication		

Drinking water supply checked on: _____

Utility water containers available: _____

Emergency toilet material available: _____

Hand sanitiser/soap available: _____

Technical orientation

The contents have been written independently and structured for Blackout-Tip.com. From a technical perspective, they are based on publicly available recommendations from official bodies:

- Federal Office of Civil Protection and Disaster Assistance (BBK): guides and checklists for emergency preparedness.
- Ready.gov / FEMA: recommendations on emergency kits, water, food and behaviour during power cuts.
- CDC / FoodSafety.gov: food safety guidance during power cuts.

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