BLACKOUT ZERO

FREE · IRELAND EDITION

THE IRISH 72-HOUR SHOPPING LIST

One shop. Three days covered. Everything on this list is sold in Lidl, Tesco and Aldi.

One shop | Lidl · Tesco · Aldi | Family of four, scaled

WHY 72 HOURS

Storms are the main cause of long power cuts in Ireland. Storm Éowyn left roughly 768,000 homes and businesses without electricity in January 2025, and some rural customers waited well over a week for reconnection. In November 2026 the European Commission asked every household in the EU to be ready to look after itself for at least 72 hours.

Most outages are fixed within hours, but 72 hours is the realistic target that keeps the shopping list small and the cost low.

Three things fail together when the power goes:

- **Light and charging** go immediately.
- **Food** starts going off after about four hours in a closed fridge.
- **Water** stops for anyone on a private well with an electric pump, and for apartments where a pump feeds the tank.

If you are on mains water, your supply usually keeps running during a power cut. Store water anyway: burst pipes, boil water notices and supply interruptions are common enough on their own.

BEFORE YOU SPEND ANYTHING

Two items in most Irish kitchens already cover the first few hours. Check them tonight.

- **A torch that works.** Test it. Phone torches drain the battery you will need for calls.
- **A gas hob.** If you cook on gas, you can still boil water and cook during a power cut. Light it with a match, never leave it unattended, and keep a window open. If you cook on electric or induction, you have no hot food without another plan.

WATER: THREE LITRES PER PERSON PER DAY

That is drinking, cooking and basic washing. For 72 hours:

HOUSEHOLD	WATER NEEDED
1 person	9 litres
2 people	18 litres
Family of 4	36 litres

Two ways to get there:

1. **Buy it.** Five-litre bottles of still water are the cheapest per litre in all three shops. Four of them covers two people.
2. **Bottle your own, for free.** Irish mains water is treated and safe to store. Wash out a few two-litre bottles, fill from the tap, label the date, keep them somewhere cool and dark, and replace every six months. Never reuse bottles that held milk or juice: they are almost impossible to clean properly.

Add roughly one litre a day for a medium dog.

> **If a boil water notice is in force**, bring the water to a rolling boil, let it cool and keep it covered. Bottled water is the safer option during a notice, and tap water is still fine for washing and the toilet.

THE FOOD LIST, PER PERSON

Everything here keeps without a fridge, needs little or no cooking, and is stocked by all three shops. Own-brand ranges change names from time to time, so treat the brands as a pointer to the right shelf rather than a rule.

Protein

ITEM	AMOUNT	WHERE TO LOOK
Tinned tuna or sardines	3 tins	Lidl Nixe · Aldi Ocean Rise · Tesco own brand
Baked beans	2 tins	Lidl Newgate · Aldi Corale · Tesco own brand
Chickpeas or kidney beans	2 tins	All three, tinned veg aisle
Peanut butter	1 small jar	Own brand in all three

Carbohydrate and energy

ITEM	AMOUNT	WHERE TO LOOK
Sliced pan (wholemeal keeps better)	1 loaf	Own brand in all three
Cream crackers or water biscuits	1 pack	Jacob's or own brand
Porridge oats	500 g	Lidl Crownfield · Aldi Harvest Morn · Flahavan's in Tesco
Pasta and a jar of sauce	500 g and 1 jar	Own brand in all three
Tinned sweetcorn or peas	1 tin	All three

Long-life drinks

ITEM	AMOUNT	WHERE TO LOOK
UHT milk	1 litre	Long-life aisle in all three
Carton juice	1 litre	Own brand in all three

UHT milk is the one item people forget. It sits on a shelf for months, needs no fridge until opened, and makes porridge and tea possible when the fridge is off.

Fruit, snacks and comfort

ITEM	AMOUNT
Apples, oranges or bananas	6 pieces
Nuts and dried fruit	1 bag
Cereal bars	3 bars
Chocolate or biscuits	1 bar or pack

A treat a day is not padding. Three dark evenings with children in the house are much easier with something to look forward to.

SCALE IT TO YOUR HOUSEHOLD

ITEM	1 PERSON	2	3	4
Water (litres)	9	18	27	36
Tins of fish	3	6	9	12
Tins of beans or pulses	4	8	12	16
UHT milk (litres)	1	2	3	4
Loaves of bread	1	1	2	2
Fruit (pieces)	6	12	18	24

PER HOUSEHOLD, NOT PER PERSON

- [ ] **Manual tin opener.** An electric one is useless in a power cut.
- [ ] **Torch, one per person if you can.**

- [ ] **Batteries.** Check the size your torch and radio actually take.
- [ ] **Power bank, charged.**
- [ ] **Battery or wind-up radio.**
- [ ] **Matches or a lighter.**
- [ ] **Hand sanitiser, wet wipes, bin bags, toilet roll.**
- [ ] **Pet food**, three to seven days.
- [ ] **Cash in small notes.** Card machines and ATMs stop working in an outage.

THE FRIDGE AND FREEZER

- A **closed fridge** keeps food safe for about **four hours**.
- A **full freezer** holds for roughly **48 hours**, a half-full one for about **24**.
- Every time you open the door, you lose time.
- **Freeze a few bottles of water now.** They hold the cold longer when the power is off.

USEFUL NUMBERS, WRITTEN ON PAPER

SERVICE	NUMBER
Emergency services	112 or 999
ESB Networks, power cuts and fallen wires	1800 372 999
Gas Networks Ireland, 24-hour emergency	1800 20 50 50
Uisce Éireann, water supply, 24 hours	1800 278 278

! **Never touch a fallen electricity wire.** Report it to ESB Networks on 1800 372 999 and, if anyone is in danger, call 112 or 999.

THIS LIST COVERS THE SHOP. WHAT ABOUT EVERYTHING ELSE?

Food and water are the start. When the power actually goes, the questions that catch families out are different:

- How do you cook a hot meal if your hob is electric?

- How do you keep one room warm when the boiler stops?
- How do you keep your phone alive for five days, not five hours?
- What do you do with the fridge medicine?
- How do you reach your family when the mobile network goes down?

The Blackout Zero Kit answers all of them — a 7-chapter guide written for Irish homes, plus a one-weekend plan to set it all up. It is €12.90, with a 7-day money-back guarantee, and you can add the full set of 9 printable tools at 68% off.

Look out for our email over the next few days.

General preparedness information, not official guidance. Follow Met Éireann warnings and the instructions of the emergency services and your local authority.

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KEEP THIS PAGE WHERE YOU CAN FIND IT IN THE DARK

IN AN EMERGENCY

Emergency services	**112 or 999**
ESB Networks: power cuts, fallen wires	**1800 372 999**
Gas Networks Ireland: gas smell	**1800 20 50 50**
Uisce Éireann: water supply	**1800 278 278**

Report a power cut with your Eircode or the 11-digit MPRN from your electricity bill. Check restoration times at powercheck.esbnetworks.ie and warnings at met.ie.