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## 1A portable power bank

How much power does a power bank give a phone?

Our testing shows that a power bank can offer your phone between 70-80% of the power it contains, or more depending on the battery. It loses the rest due to the inefficiency of the power transfer. That means a 5,000 mAh battery can fully charge a phone with a 3,500 mAh battery, like an iPhone 16.

Do you need a portable battery or power bank?

Watching your phone or tablet steadily run out of power when you're nowhere near an outlet is stressful. But there's an easy solution: a portable battery or power bank. They are available in various sizes and capacities, and can include handy features such as fast charging and multiple ports.

How much power does a power bank charge?

Power banks charge at around 80% efficiency. Most premiere flagship phones have a battery around 5,000 mAh, but a 5,000 mAh battery pack cannot charge your phone to 100%, it will be closer to 80% charged. We've tested these battery packs to see how many times they can charge an average smartphone, and how efficiently they transfer power.

What are the best portable chargers & power banks in 2025?

November 18, 2025: With this update, our lineup of recommended portable chargers and power banks remains unchanged. The existing picks have been vetted for currency and availability. The Anker Laptop Power Bank has a capacity of 25,000mAh, but more importantly, it can deliver 100W of power from a single port.

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