



Check a box when it's done. Aim for 3 days first, then stretch to a week.

Review it every May (before hurricane season) and every November (before freezes).

1 List what must stay on

- ☐ Fridge / freezer (check the EnergyGuide label: kWh/yr)
- ☐ Medical devices (CPAP, etc.): watts from the manual
- ☐ Phones, laptop, Wi-Fi / internet
- ☐ Lights and a NOAA weather radio
- ☐ Winter: electric blankets (60–100 W), not heaters
- ☐ Summer: fans (ceiling 65–175 W)
- ☐ Fill in the worksheet on page 2

3 Water & food for 3–7 days

- ☐ Water: 1 gallon per person per day
- ☐ Family of 4: 12 gal (3 days) / 28 gal (7 days)
- ☐ Self-filled water: replace every 6 months
- ☐ Unscented bleach + dropper (water treatment)
- ☐ No-cook, shelf-stable food + manual can opener
- ☐ Fridge & freezer thermometers
- ☐ Pet food and water

2 Power it (size before you buy)

- ☐ Total watts running at once < station AC output
- ☐ Total Wh per day $\div 0.85$ = battery you need
- ☐ Surge rating covers fridge/pump startup
- ☐ Keep station indoors in a freeze (charge limits ~32°F)
- ☐ Recharge plan: solar, car, or generator
- ☐ Generator: OUTDOORS only, 20+ ft from the house
- ☐ CO detectors w/ battery backup on every level

4 Light, radio & first aid

- ☐ Flashlight for every person + spare batteries
- ☐ NOAA alert radio (SAME) + crank/battery radio
- ☐ First aid kit (Red Cross family-of-4 list)
- ☐ Prescriptions + plan for refrigerated meds
- ☐ Phone power banks, charged
- ☐ Cash in small bills; local paper map
- ☐ Medical device? Ask your utility about its medical list

Numbers worth taping inside a cabinet

4 hours

Fridge keeps food safe with the door closed

48 / 24 hours

Full / half-full freezer holds a safe temp

40°F / 2 hours

Perishables above 40°F for 2+ hours: toss them

1 minute

Rolling boil to make clear water safe

8 drops

6% unscented bleach per gallon; wait 30 min

20 feet

Minimum generator distance from windows, doors, and garages

Wh $\times 0.85 \div W$

Rough power station run time in hours

Our household plan

Where we meet if we split up:

Where the kit lives:

Breaker panel is:

Who checks on neighbors / family:

Main water shutoff is:

Last kit check (date):



Our essentials-day power worksheet

Watts: device label or manual (amps × 120 V if only amps are listed). Fridge: kWh/yr ÷ 365 × 1,000 = Wh/day.

Device	Watts	Hours/day	Wh/day (W × hr)
Example: fridge (600 kWh/yr label)	~68.5 avg	24	1,644
Example: CPAP (AirSense 11 typical)	56.1	8	449

Highest total watts running at once: _____ W

→ battery needed per day without recharging

TOTAL Wh/day

÷ 0.85 =

Important numbers (write them down; your phone may die)

Electric utility outage line:

Doctor / pharmacy:

Neighbor who checks on us:

Where we go if it gets too cold or hot:

Water utility:

Out-of-town contact:

Insurance agent / policy #:

Medical device supplier:

Get alerts early:

Ready.gov · FEMA app (NWS weather alerts) · NOAA Weather Radio · Wireless Emergency Alerts · your utility's outage map
Sign up for your county or city emergency alerts and your utility's outage texts.

Never heat your home with a gas stove or oven. Never run a generator in a garage, even with the door open.

Medical needs? Ask your utility about its medical customer program and your local emergency office about its registry.