

POWER OUTAGE CHECKLIST

PROTOCOL SURVIVAL
griddowncommand.com/guides

Print this, check items off, and keep it with your flashlights. Quantities are per person unless noted.

1 · WHAT TO PREPARE (DO IT NOW)

	Item	3-day minimum	2-week goal
☐	Water	3 gal / person	14 gal / person
☐	No-cook food + manual can opener	3 days of meals	14 days of meals
☐	Flashlight or LED lantern (no candles)	1 / person	+1 lantern per room
☐	Batteries (check every size)	2 sets / device	4+ sets / device
☐	NOAA Weather Radio (battery or hand-crank)	1 / household	+ spare batteries
☐	Power bank (charged)	1 / person	Portable power station
☐	Prescription medications + written list	7 days	14+ days
☐	First aid kit	1 / household	+ refills
☐	Battery carbon monoxide alarms	1 / level + near bedrooms	+ spare batteries
☐	Cash in small bills	\$100–\$200	\$300+
☐	Blankets / sleeping bags	1 / person	Cold-rated bags
☐	Sanitation: wipes, trash bags, bleach	3 days	+ bucket toilet kit
☐	Full gas tank · freezer full of frozen water jugs	Top off whenever a storm is forecast	

2 · THE FIRST HOUR

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| ☐ Check on everyone (and elderly neighbors) | ☐ Fill tubs and containers with water |
| ☐ Use flashlights, not candles | ☐ Keep fridge and freezer CLOSED |
| ☐ Report the outage to the utility | ☐ Unplug electronics; leave one lamp on |

3 · THE FIRST DAYS

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| ☐ Eat fridge food → freezer food → pantry | ☐ Heat: lowest floor, water, cooling center |
| ☐ Generator outdoors only, 20+ ft from house | ☐ Let faucets drip if pipes may freeze |
| ☐ Never heat with a gas stove, oven or grill | ☐ Stay away from downed lines — call 911 |
| ☐ Cold: heat one small room, dress in layers | ☐ Updates: NOAA radio, local AM/FM, alerts |

CARBON MONOXIDE: dizziness, headache, nausea or confusion while a generator or fuel heater runs → get everyone into fresh air and call 911. Fridge food above 40°F for 2+ hours → throw it out. Item-by-item list: griddowncommand.com/power-outage-food-safety-calculator.html

4 · WHEN POWER RETURNS

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| ☐ Plug appliances back in one at a time | ☐ Follow any boil-water advisory |
| ☐ Check fridge/freezer temps — when in doubt, throw it out | ☐ Restock water, batteries, meds, cash, fuel |

MY NUMBERS

Utility outage line: _____ Account #: _____
Out-of-area contact: _____ Doctor / pharmacy: _____