

Power Outage Preparation Checklist

Before an outage

- ☐ List every device that needs electricity (Ready.gov) — medical devices first
- ☐ Flashlight for every household member + spare batteries
- ☐ Power banks charged for every phone
- ☐ Battery or hand-crank radio
- ☐ Key phone numbers written on paper (family, doctor, utility, insurer)
- ☐ Utility outage alerts on; outage map bookmarked
- ☐ Medical plan agreed with your provider; join utility medical register if eligible
- ☐ Appliance thermometers in fridge and freezer
- ☐ Non-perishable food and water stored
- ☐ CO alarms with battery backup on every level; smoke alarms tested
- ☐ Know how to open the garage door manually
- ☐ Some cash at home; car fuel tank kept reasonably full
- ☐ Backup power tested with real loads (power station / generator / sump backup)

During an outage

- ☐ Keep fridge and freezer doors closed (fridge ~4 hrs; full freezer ~48 hrs, half ~24 hrs — FoodSafety.gov)
- ☐ Turn off or unplug electronics; leave one lamp on to know when power returns
- ☐ Never heat your home with a gas stove or oven
- ☐ Generators outdoors only, 20+ ft from windows, doors and vents
- ☐ Never plug a generator into a wall outlet (backfeeding)
- ☐ Prioritise battery power: medical → fridge → phones → lights
- ☐ Go to a heating/cooling centre if heat or cold is extreme

After an outage

- ☐ When in doubt, throw it out — food above 40°F (4°C) for 2+ hours
- ☐ Never taste food to judge safety
- ☐ Refreeze frozen food only if it has ice crystals or is at 40°F or below
- ☐ Check refrigerated medicines; ask a pharmacist if power was out 1+ day
- ☐ Plug appliances back in gradually
- ☐ Recharge power banks and power station; restock batteries, food, fuel
- ☐ Note what you were missing and add it to your kit

Sources: Ready.gov ([ready.gov/power-outages](https://www.ready.gov/power-outages)), FoodSafety.gov / USDA, US CPSC generator safety alert.
General information only. Full guide: wattfort.com/guides/power-outage-preparation-checklist/