





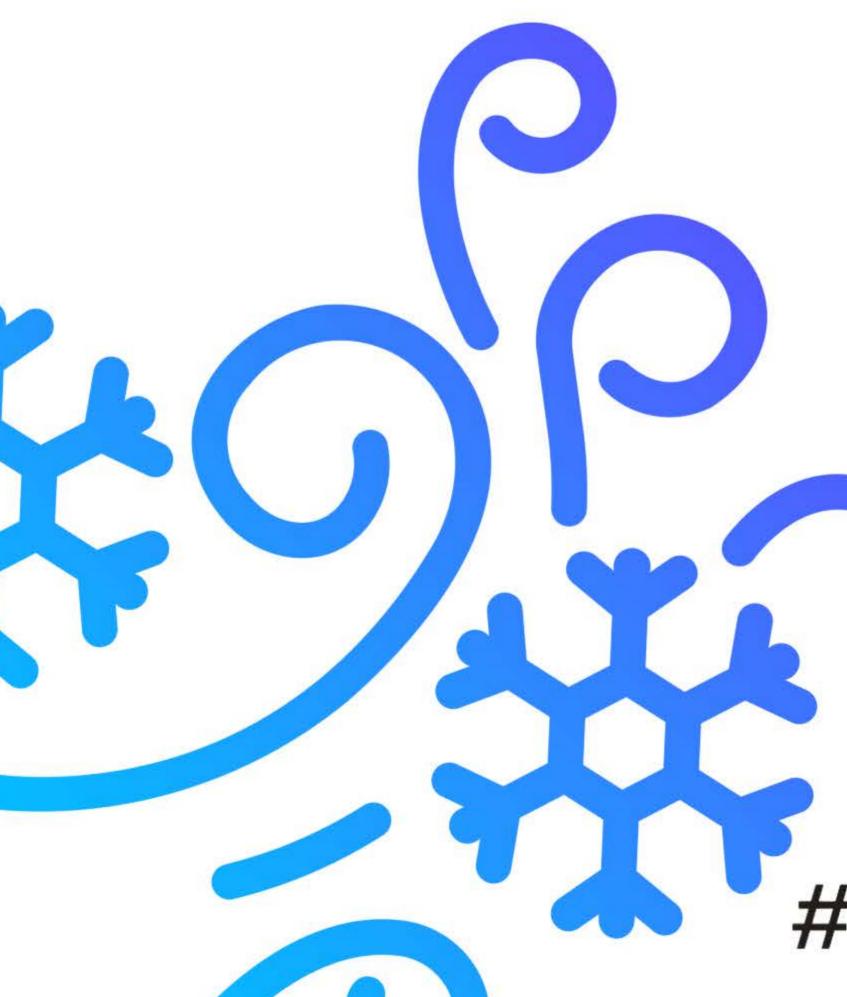


Home Protection

Seal gaps around windows and
doors (weatherstripping, door
sweeps, insulating film)
Clear gutters and roofs to help
prevent ice dams
Stock snow and ice tools
(shovels, rock salt, ice melt)
Secure outdoor items (furniture,
grills, trash bins)
Inspect heating system; replace
filters
Test thermostats and space
heaters
Identify a safe backup heat
source
Set faucets to drip if extremely
cold to prevent frozen pipes
Know how to shut off your
home's water supply
Place non-slip mats at entryways

PRO TIP

Close curtains at night and open them during daylight to capture free solar heat.





Essentials

Food & Water

At least 3 days of nonperishable food
Drinking water (1 gallon per person
per day)
Baby supplies (formula, wipes,
diapers)
☐ Pet food
Liable O Cafata

Health & Safety
Prescription medications (refilled and
accessible)
☐ First-aid kit
Hygiene items (wipes, sanitizer,
tissues)
☐ Warm clothing (hats, gloves, boots)
Extra blankets or sleeping bags

Communication

weather radio
Updated emergency contact list
Battery power banks for cell phones
documents

Battery-powered or hand-crank

Lighting

☐ Flashlights or headlamps
☐ Fresh batteries
LED lantern

PRO TIP

Store winter essentials in one grab-and-go bin so you're not searching for items when alerts come in.



Power Readiness

Generator Prep

Choose your backup power source
OPortable generator
 Inverter generator
OPower station & solar panel
☐ Place portable generators outdoors, far
away from doors/windows/vents
□ Confirm CO detectors are working
Verify transfer switch or interlock setup (if
applicable)
☐ Test generator before storms
Review the owner's manual or quick-start
guide

Fuel & Charging

Keep fresh fuel stored safely in approved
containers
Stock propane tanks (if applicable)
Stabilize gasoline for long-term storage
Charge batteries, phones, power stations
Keep spare batteries for lights and radios

Cords & Accessories

Outdoor-rated extension cords long
enough to run inside while maintaining
generator distance from indoors
■ Weather covers for outdoor outlets
☐ Surge protection for sensitive electronic

Power Outage Drill

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Test which appliances you'll run
☐ Confirm total wattage requirements
☐ Ensure fuel quantity matches expected
runtime
Practice switching to backup power

PRO TIP

Run your generator for 10-15 minutes once a month to keep it ready. This small step prevents most "won't start" issues during real outages.

#PoweringYourLife