

FREE PRINTABLE FIELD GUIDE

Power Outage Emergency Kit Checklist

01

BUILD THE ESSENTIALS

Build capabilities, not clutter. This checklist organizes the items that keep your household informed, visible, fed, medically supported, and ready to relocate. Check only what you have tested and can reach in the dark.

1 Safe light and movement

- ☐ One headlamp per person
- ☐ At least one stable area lantern
- ☐ Spare batteries in required sizes
- ☐ Flashlight beside every bed
- ☐ Sturdy shoes and work gloves
- ☐ Clear path to exits and electrical panel

2 Communication and alerts

- ☐ Charged USB power banks
- ☐ Correct cable for every essential device
- ☐ Battery or hand-crank radio
- ☐ Offline maps downloaded
- ☐ Printed family and utility contacts
- ☐ Small amount of cash and spare keys

3 Food and water

- ☐ Refrigerator appliance thermometer
- ☐ Freezer appliance thermometer
- ☐ Drinking water for household needs
- ☐ Shelf-stable, low-preparation meals
- ☐ Manual can opener
- ☐ Cooler, frozen packs, and ice plan

4 Medical continuity

- ☐ Written medication list
- ☐ Required medicines and supplies
- ☐ Medical-device model numbers
- ☐ Approved backup and charging plan
- ☐ Clinician, supplier, and pharmacy contacts
- ☐ Powered destination and transport plan

5 Household essentials

- ☐ First-aid kit
- ☐ Sanitation and hygiene supplies
- ☐ Pet, infant, and mobility supplies
- ☐ Weather-appropriate layers and blankets
- ☐ Copies of essential documents
- ☐ Go-bag near the exit

6 CO and fire protection

- ☐ Working CO alarms on every level
- ☐ CO alarm outside sleeping areas
- ☐ Working smoke alarms
- ☐ Fire extinguisher, location known
- ☐ No indoor generator or charcoal use
- ☐ No improvised electrical backfeeding



Four-hour refrigerator rule

FDA says an unopened refrigerator keeps food cold for about four hours. Use appliance thermometers and official discard guidance. Smell and appearance do not prove food is safe.

MEASURED BACKUP PLAN

Match power to the job

02

MEASURE AND VERIFY

Layer	Good fit	Verify before relying on it
Power bank	Phones, USB lights, small accessories	Connector, output watts, charge state, storage temperature
UPS	ONT, modem, router, computer, NAS	Complete load, battery outlets, waveform, actual unplug-test runtime
Power station	Measured AC and DC portable loads	Watt-hours, continuous watts, startup surge, losses, recharge plan
Fuel generator	Outdoor higher-energy supply	At least 20 feet from home, exhaust away, fuel, weather, safe connection
Permanent system	Selected circuits or whole-home loads	Professional design, permits, transfer equipment, maintenance

Essential-load worksheet

DEVICE	RUNNING WATTS	STARTUP WATTS	HOURS NEEDED	WATT-HOURS
Example: router stack	18W	18W	8	144Wh

Energy check

Total watt-hours: running watts × required hours. Add a realistic loss allowance and reserve. The label capacity is not guaranteed delivered AC energy.

Required Wh _____

Planned reserve _____

Output check

Continuous watts: all simultaneous loads. **Surge watts:** the highest startup event while other required loads remain on.

Continuous W _____

Startup W _____

Generator safety gate

- ☐ Generator stays outdoors
- ☐ At least 20 feet from the home
- ☐ At least 20 feet from windows, doors, and vents
- ☐ Exhaust faces away from the building
- ☐ Working battery-backup CO alarms installed

- ☐ Manufacturer instructions available
- ☐ Dry, manufacturer-approved weather plan
- ☐ Outdoor-rated cord sized for the load
- ☐ No wall-receptacle backfeeding
- ☐ Fuel storage and local rules checked



Medical devices need a separate plan

Do not treat a consumer battery estimate as validated life-support backup. Confirm compatibility, runtime, alarms, charging, and relocation steps with the care team and exact device manufacturer.

TWICE-YEARLY MAINTENANCE

Test, record, and improve

03

KEEP IT READY

Six-month review

- ☐ Recharge every rechargeable battery
- ☐ Inspect batteries for swelling or damage
- ☐ Check product recalls
- ☐ Test lights, radio, smoke, and CO alarms
- ☐ Replace expired food and supplies
- ☐ Update contacts and medication list
- ☐ Run controlled UPS and power-station tests
- ☐ Review the plan with everyone in the home

Room placement

- ☐ Bedrooms: headlamp, shoes, nearby CO alarm
- ☐ Kitchen: thermometers, water, food, lantern
- ☐ Network: labeled UPS outlets and device map
- ☐ Medical area: device sheet and backup supplies
- ☐ Exit: keys, documents, layers, go-bag
- ☐ Panel: flashlight and plain-language circuit list

Runtime and maintenance log

DATE	EQUIPMENT AND LOAD	START CHARGE	MEASURED RUNTIME	ACTION NEEDED

Critical contacts and destinations

UTILITY OUTAGE LINE

CLINICIAN OR MEDICAL SUPPLIER

EMERGENCY FAMILY CONTACT

COOLING LOCATION

ACCESSIBLE TRANSPORT

PROPERTY MANAGER OR HOA

PHARMACY

INSURANCE

WARMING LOCATION

PET-FRIENDLY DESTINATION

Household notes



A tested result beats a hopeful estimate

Write what happened: "router stack ran 74 minutes" is useful. "UPS should last a while" is not. Repeat tests as batteries age and household needs change.