

Your 72-hour outage plan

What to charge, freeze and fill, from the forecast through day 3.



Household Solar

Most outages end within hours, but storms can stretch them to days. Work through this list top to bottom and you'll be ready for the first 72 hours.

1 to 3 days before a storm

Charge

- ☐ Phones, power banks and laptops
- ☐ Portable power station
- ☐ Flashlights and spare batteries

Freeze

- ☐ Water bottles to fill freezer gaps
- ☐ Gel packs for a cooler
- ☐ Set fridge and freezer to their coldest settings

Fill

- ☐ Drinking water: 1 gallon per person per day
- ☐ Bathtub or buckets for flushing (not drinking)
- ☐ Car gas tank, and get some cash

- ☐ Refill prescriptions
- ☐ Test smoke and carbon monoxide alarms
- ☐ Learn to open the garage door by hand
- ☐ Check on neighbors who may need help

The first hours

- ☐ Report the outage
Call your utility or check its outage map.
- ☐ Unplug electronics and big appliances
Protects them from a surge when power returns.
- ☐ Leave one light switched on
So you know when the power is back.
- ☐ Write down the time the power went out
- ☐ Use flashlights, not candles
Candles are a fire risk.

Night 1 and day 1

- ☐ Keep the fridge and freezer closed
Fridge: safe for about 4 hours. Full freezer: about 48.
- ☐ After 4 hours, move perishables to a cooler with ice
- ☐ Power what matters from your battery
Phones, Wi-Fi, CPAP, and the fridge in cycles.
- ☐ Too hot or cold at home?
Find a local cooling or warming center.

● Days 2 and 3

- ☐ Sort food with our food safety guide
When in doubt, throw it out.
- ☐ Recharge the battery
With solar panels or from your car while driving.
- ☐ Check on older neighbors and anyone
living alone
- ☐ Keep phones on low-power mode and use
texts

● Carbon monoxide can kill

- Never run a generator, grill, camp stove or charcoal indoors, in a garage, or near windows, doors or vents. Keep generators at least 20 feet away.
- Never heat your home with a gas oven or stove.
- Headache, dizziness, weakness or nausea? Get into fresh air and call 911.
- Stay away from downed power lines, and never plug a generator into a wall outlet.

● Our numbers

Electric company outage line

Out-of-town contact

Nearest cooling or warming center

Based on Ready.gov (FEMA) power outage guidance, FoodSafety.gov and CDC carbon monoxide guidance.