

Preparedness checklist



Power outage

Use this to help you prepare for the impacts of a severe disruption to your power supply.

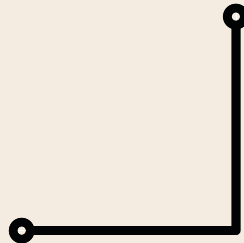
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Experiencing a power outage can be unsettling, but **being prepared can significantly reduce the inconvenience and potential risks.**

From ensuring you can safely navigate your home in the dark to keeping essential appliances off to prevent damage or hazards, here's how to maintain safety and comfort during a blackout.

Essential tools and back-ups

To navigate power outages effectively, equip your home with the following essentials :



Light / power



Food



Water



Heating














Medical
















Documents

Tools and back-ups	Description	✓
LED flashlights	At least one for each household member with extra batteries.	
Rechargeable lanterns	2-3 for shared spaces.	
Battery-powered / hand-cranked radio	1 for emergency updates.	
Portable power banks	For recharging phones and small devices (4-6, high capacity).	

Tools and back-ups	Description	✓
 <p>Solar chargers</p>	<p>Recharging batteries and power banks during prolonged outages (2).</p>	
 <p>Generators</p>	<p>1 portable generator (if feasible), including fuel storage (safety regulations compliant).</p>	
 <p>Candles and matches</p>	<p>20-30 candles with waterproof matches/lighters (use with caution).</p>	
 <p>Non-perishable foods</p>	<p>Minimum 3-day supply, considering 2,000 calories per person per day.</p> <p>Canned goods : 24 cans (vegetables, fruits, beans, meat)</p> <p>Dry goods : 5kg of rice, 4kg of pasta, and various packets of instant noodles, oatmeal, etc.</p> <p>Snacks : Granola bars, dried fruits, nuts (enough for 12 snacks per person).</p> <p>Pet supplies : Food, water and care items for your pets.</p>	

Tools and back-ups	Description	✓
 <p>Manual can opener</p>	To open canned food (1).	
 <p>Camping stove / grill</p>	1 with extra fuel canisters or charcoal.	
 <p>Cooking utensils</p>	A spare set for outdoor cooking.	
 <p>Bottled water</p>	At least 48 litres (3 litres per person per day for at least 4 days).	
 <p>Water purification filters</p>	2 bottles or a portable water filter.	
 <p>Large water containers</p>	2-4 for additional water storage.	
 <p>Portable water carriers</p>	2-4 for fetching water if needed.	

Tools and back-ups	Description	✓
 Warm blankets	At least 4-8, considering layering for warmth.	
 Sleeping bags	4 built for the coldest expected temperatures.	
 Thermal clothing	Sets for each household member, including hats, gloves, and socks.	
 Safe, portable indoor heater	1 (if electric, ensure it's compatible with your generator; if gas, follow safety guidelines).	
 Insulation materials	Bubble wrap, foam boards, or heavy curtains for windows and doors.	
 First aid kit	1 comprehensive kit.	
 Prescription medications	At least a 7-day supply.	

Tools and back-ups	Description	✓
 Over-the-counter medications	Pain relievers, fever reducers, cold and flu remedies.	
 Sanitation supplies	Hand sanitizer, wet wipes, garbage bags, and toilet paper.	
 Hygiene kit(s)	Toothbrushes, toothpaste, soap, and feminine hygiene products.	
 Emergency contact list	Including family, friends, local emergency services, and utility companies.	
 Copies of important documents	Insurance policies, identification, and bank information in waterproof containers.	
 Cash	In small denominations, enough for a week of basic needs (ATMs may not be operational).	

During an outage

// Checking safety and switching things off

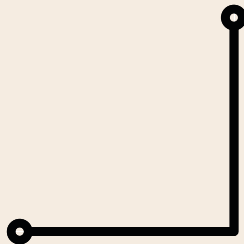
Safety first : Check if the outage is limited to your home. If it's a broader issue, report damaged power lines or equipment to the electricity company.

Turn off major appliances : Prevent damage or fire risks by turning off items like stoves, irons, and washers. Leave one light on to know when power returns.

// Food and water

Food preservation : Minimise opening refrigerators or freezers. If it is cold outside, use the outdoors to keep perishables cold.

Water usage : If the outage affects water pumps, use water sparingly. Avoid using toilets excessively to prevent overloading the sewage system.



Comfort, safety and staying connected

Though more difficult, being attentive to your wellbeing and ensuring your ability to access information is essential.

// Maintaining comfort and safety

Keep warm : Use extra layers of clothing, close off unused rooms, and use fireplaces or portable heaters safely.

Cooking and eating : Prepare meals using safe outdoor methods. Ensure you have non-perishable food items that don't require cooking.

Hygiene : If water supply is affected, use hand sanitizer or wet wipes for cleanliness.

Sleeping arrangements : If cold, sleep in the same place to share body warmth or use a tent indoors for extra insulation.

// Try your best to stay informed

Keep warm : Use extra layers of clothing, close off unused rooms, and use fireplaces or portable heaters safely.

Local news and updates : Use a battery-powered radio to stay updated on the situation and any advisories from local authorities.

Community support : Connect with neighbours to share resources and information.

Power company notifications : Sign up for updates from your power provider for real-time information on outages and restoration efforts.

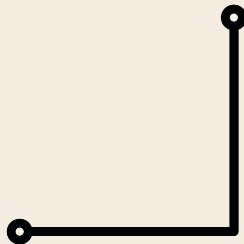
// After the outage

Inspect appliances : Check for damage before turning everything back on. Restart appliances one at a time.

Restock supplies : Replenish your emergency supplies, including batteries, water, and non-perishable food items.

Being prepared for a power outage means more than just keeping the lights on; it's about ensuring the safety, comfort, and well-being of everyone in your household.

By taking proactive steps and having the right tools at your disposal, you can minimise the impact of outages and maintain a sense of normalcy even in challenging times.



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Developed by miniMAX studio.



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