

WINTER STORM PREPAREDNESS CHECKLIST

72-Hour Stay-At-Home Readiness

1. PRE-STORM ACTIONS (DO THIS FIRST)

- ☐ Monitor weather forecasts and alerts
 - ☐ Avoid unnecessary travel once storm warnings are issued
 - ☐ Notify family / contacts of your plan
 - ☐ Charge all phones, battery banks, radios, laptops
 - ☐ Refill prescriptions if possible
 - ☐ Fuel vehicles and generators
 - ☐ Bring pets indoors / prepare pet supplies
 - ☐ Set thermostats appropriately before outages
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2. HEAT & SHELTER

- ☐ Identify a designated “warm room”
- ☐ Seal drafts (doors, windows, vents)
- ☐ Close off unused rooms
- ☐ Cold-weather sleeping bags available
- ☐ Blankets and extra bedding staged
- ☐ Cold-weather clothing accessible (layers, hats, socks)
- ☐ Indoor-rated heat source (if used)
- ☐ Carbon monoxide detectors functional
- ☐ Fire extinguisher accessible

DO NOT USE:

- ☐ Grills indoors
 - ☐ Outdoor heaters inside
 - ☐ Generators in enclosed spaces
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3. POWER & LIGHTING

- ☐ Flashlights / headlamps (hands-free preferred)
 - ☐ Extra batteries
 - ☐ LED lanterns
 - ☐ Battery banks / power stations charged
 - ☐ Generator tested (if owned)
 - ☐ Fuel stored safely
 - ☐ Extension cords rated for generator use
 - ☐ Candles minimized or avoided
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4. WATER & SANITATION

- ☐ Minimum 1 gallon per person per day (3+ days)
 - ☐ Additional water for pets
 - ☐ Bathtub filled before storm
 - ☐ Water containers labeled
 - ☐ Manual water purification method available
 - ☐ Know location of water shutoff valve
 - ☐ Pipes insulated / faucets drip if needed
 - ☐ Trash bags and hygiene supplies stocked
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5. FOOD & COOKING (NO POWER ASSUMED)

- ☐ 3+ days of shelf-stable food
 - ☐ Canned soups / stews
 - ☐ Easy-prep carbs (rice, pasta, oatmeal)
 - ☐ Protein sources (canned meat, peanut butter, bars)
 - ☐ Comfort foods (morale matters)
 - ☐ Manual can opener
 - ☐ Camp stove or safe cooking alternative
 - ☐ Fuel for cooking device
 - ☐ Paper plates / disposable utensils
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6. MEDICAL & PERSONAL NEEDS

- ☐ 7–14 days of prescription medications
 - ☐ First aid kit stocked
 - ☐ Medical devices charged / backup power
 - ☐ Extra glasses or contacts
 - ☐ Thermometer
 - ☐ Cold / flu medications
 - ☐ Hand warmers
 - ☐ Personal hygiene supplies
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7. VEHICLE WINTER KIT (EACH VEHICLE)

- ☐ Full fuel tank
- ☐ Blanket or sleeping bag
- ☐ Extra warm clothing
- ☐ Water and snacks
- ☐ Flashlight
- ☐ Phone charger / power bank
- ☐ Ice scraper and shovel
- ☐ Traction aids (if applicable)
- ☐ Reflective vest or signaling device

IF STRANDED:

- ☐ Stay with vehicle
 - ☐ Run engine intermittently
 - ☐ Keep exhaust pipe clear
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8. COMMUNICATION & INFORMATION

- ☐ Battery-powered or hand-crank radio
 - ☐ Emergency contact list printed
 - ☐ Phones on low-power mode
 - ☐ Offline maps downloaded
 - ☐ Family communication plan established
 - ☐ Check-in schedule agreed upon
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9. MENTAL & MORALE PREPAREDNESS

- ☐ Books, games, or offline entertainment
 - ☐ Downloaded music or podcasts
 - ☐ Hot drinks available (tea, coffee, cocoa)
 - ☐ Maintain daily routine
 - ☐ Limit unnecessary stress or news consumption
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10. COMMUNITY & RESPONSIBILITY

- ☐ Check on elderly or vulnerable neighbors
 - ☐ Share resources if safe to do so
 - ☐ Clear snow safely (avoid overexertion)
 - ☐ Avoid unnecessary emergency calls
 - ☐ Assist only when conditions allow
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FINAL CHECK BEFORE STORM HITS

- ☐ Warm room set
 - ☐ Water filled
 - ☐ Devices charged
 - ☐ Food staged
 - ☐ Lights tested
 - ☐ Vehicle ready
 - ☐ Everyone knows the plan
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CORE PRINCIPLE:

Winter storms are predictable.

Preparation turns emergencies into inconveniences.