

# WINTER STORM PREPAREDNESS CHECKLIST

## 72-Hour Stay-At-Home Readiness

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### 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.**