

How to Prepare for Extreme Winter Weather

Contact Information

Email: caringhearts@cslnashville.org

CSLN main phone number: (615) 356 - 0174

Because of where Nashville is located in the U.S., it is prone to extreme weather events. It's a good idea to be prepared. This document is designed to help get you prepared. If you have an emergency that Caring Hearts can help with contact the email address above. You can also contact the center at the number listed above.

For assistance with other emergencies please refer to the [Critical Resources List](#). It is also available on the CSLN website under Teams and then under Caring Hearts

<https://cslnashville.org/teams>

Phone numbers

Critical services

Have a list of who to contact for electric, water, gas & other critical services should they go out.

Friends / family / neighbors

Collect a list of phone numbers of your neighbors + emergency contacts written down in case your phone stops working

Medical situations

Local hospitals, fire stations, (AAA) + pet hospitals + local handymen

Alternate heating + power back-up devices (including but not limited to):

- back-up generator & all items needed to power them & hook them up to be operational
- camping / Boating equipment: Alcohol Heaters (used on boats) which burn denatured alcohol
- Battery operated space heaters + camping stoves

Household Sources of warming

- Extra Blankets
- flashlights / batteries / phone chargers
- heating socks + gloves
- wood burning stove if properly vented

Emergency Supplies

- First aid kit
- Bottled water / sealed quarts of water
- Wire cutters
- Snow shovel
- Ice scraper
- De-icer for car windows
- Ice melt for frozen pathways

non-perishable food including:

- protein bars
- canned tuna
- canned vegetables
- protein cereal
- shelf - stable milks (soy, oat etc.)
- dried fruits
- packaged nuts
- crackers
- peanut butter or other protein butters including almond butter