

FREE PRINTABLE RESOURCE

POWER OUTAGE PREPAREDNESS CHECKLIST

Print this out and keep it with your kit. Check items off as you go — before, during, and after the outage.

BEFORE IT HAPPENS

- ☐ **Flashlight or headlamp**
Headlamps free up your hands
- ☐ **Extra batteries**
- ☐ **Power bank or hand-crank charger**
- ☐ **3 days of water per person**
- ☐ **Shelf-stable food**
Nothing that needs cooking
- ☐ **Battery or hand-crank radio**
Cell towers can go down too
- ☐ **Battery lanterns**
Safer than candles
- ☐ **CO detector with battery backup**
If you'll run a generator

DURING THE OUTAGE

- ☐ **Keep fridge & freezer shut**
Fridge: ~4 hrs · Freezer: ~48 hrs
- ☐ **Run generators outside only**
20+ ft from windows & doors
- ☐ **Skip candles**
Use battery lanterns instead
- ☐ **Conserve phone battery**
For real communication, not scrolling
- ☐ **Check in with family/neighbors**

Danger: Generator exhaust contains carbon monoxide. Never run one in a garage or near a window — it kills people every outage season.

AFTER POWER RETURNS

- ☐ **Check fridge/freezer for spoiled food**
When in doubt, throw it out
- ☐ **Reset tripped breakers**
- ☐ **Check on elderly neighbors**

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Sources: FoodSafety.gov, CDC generator safety guidance, NFPA. For informational purposes only — not a substitute for local emergency guidance.

GEAR THAT SHOWS UP BEFORE YOU NEED IT.

TACTICALBOX