

FREE GUIDE · READY BEATS LUCKY

# Power out?

## The First Hour Checklist

Ten things to do in the first 60 minutes. The first hour decides how the next three days go. Check each box as you go.

### MINUTES 0-5 Get your bearings

- ☐ 01 **Check if it's just you**  
Look at your neighbors' lights. Check your utility's outage map and report it. If only your home is out, check the breaker panel first.

- ☐ 02 **Grab flashlights, not candles**  
Candles start house fires during outages. Put a flashlight or headlamp in every room people will use tonight.

- ☐ 03 **Keep the fridge and freezer shut**  
A closed fridge keeps food safe for about 4 hours. A full freezer holds about 48 hours, a half-full one about 24 (USDA). Every opening costs you time.

### MINUTES 5-20 Protect what runs out first

- ☐ 04 **Put every phone in low power mode**  
Dim the screen and close apps. Your car can charge phones later if you run it outside, never in a closed garage.

- ☐ 05 **Unplug electronics, leave one lamp on**  
Power can surge when it comes back. Unplug the TV, computer, and chargers. Leave one lamp switched on so you know when power returns.

- ☐ 06 **On a well? Fill water now**  
Your pump stops when the power does. Fill the tub for flushing and clean pots for drinking. On city water, fill a few pitchers anyway.

### MINUTES 20-60 Look after people

- ☐ 07 **Generator outside only** **LIFE SAFETY**  
Never in the house, garage, or porch. Keep it at least 20 feet from doors and windows (CDC). Test your carbon monoxide alarm now.

- ☐ 08 **Check medicines and medical devices**  
Anything that needs the fridge or an outlet needs a plan within the hour. Call your pharmacy or provider if you're unsure.

- ☐ 09 **Call your people**  
Older parents, neighbors who live alone, anyone on oxygen. A two-minute call now saves a scary drive later.

- ☐ 10 **Tune in and set a check-in time**  
Use a battery radio or phone alerts to learn how long it may last. Agree on a time to check in again as a family.

UTILITY OUTAGE LINE

NEIGHBOR TO CHECK ON

FAMILY MEETING SPOT

# That's hour one. Now the next 71.

Most households handle the first hour fine. Trouble starts later, when the phones are at 20%, the freezer clock is running, and nobody remembers where the water went. Your daily Survival Rise email walks you through each stretch.

**HOURL 1****Bearings, safety, people**

Covered on the front of this page. Nice work.

**HOURS 2-6****Food and cold**

When to move food to a cooler, what to cook first, and how to tell when it's no longer safe.

**DAY 1****Water and power**

How much water your household really uses, and how to keep phones, lights, and medicine running overnight.

**DAYS 2-3****Heat, cold, and calm**

Staying cool or warm without power, sanitation, and keeping kids and routines steady.

## Tonight, try one drill

**DRILL · 10 MINUTES****The lights-out walk**

1. Turn off every light in the house after dark.
2. Time how long it takes each person to find a flashlight.
3. Anyone over 2 minutes? Move a light closer to them.

**SKILL · 5 MINUTES****Know your breaker panel**

Find your panel and the main breaker before you need it. Label it with tape. When the power comes back in pieces, you'll know where to look.