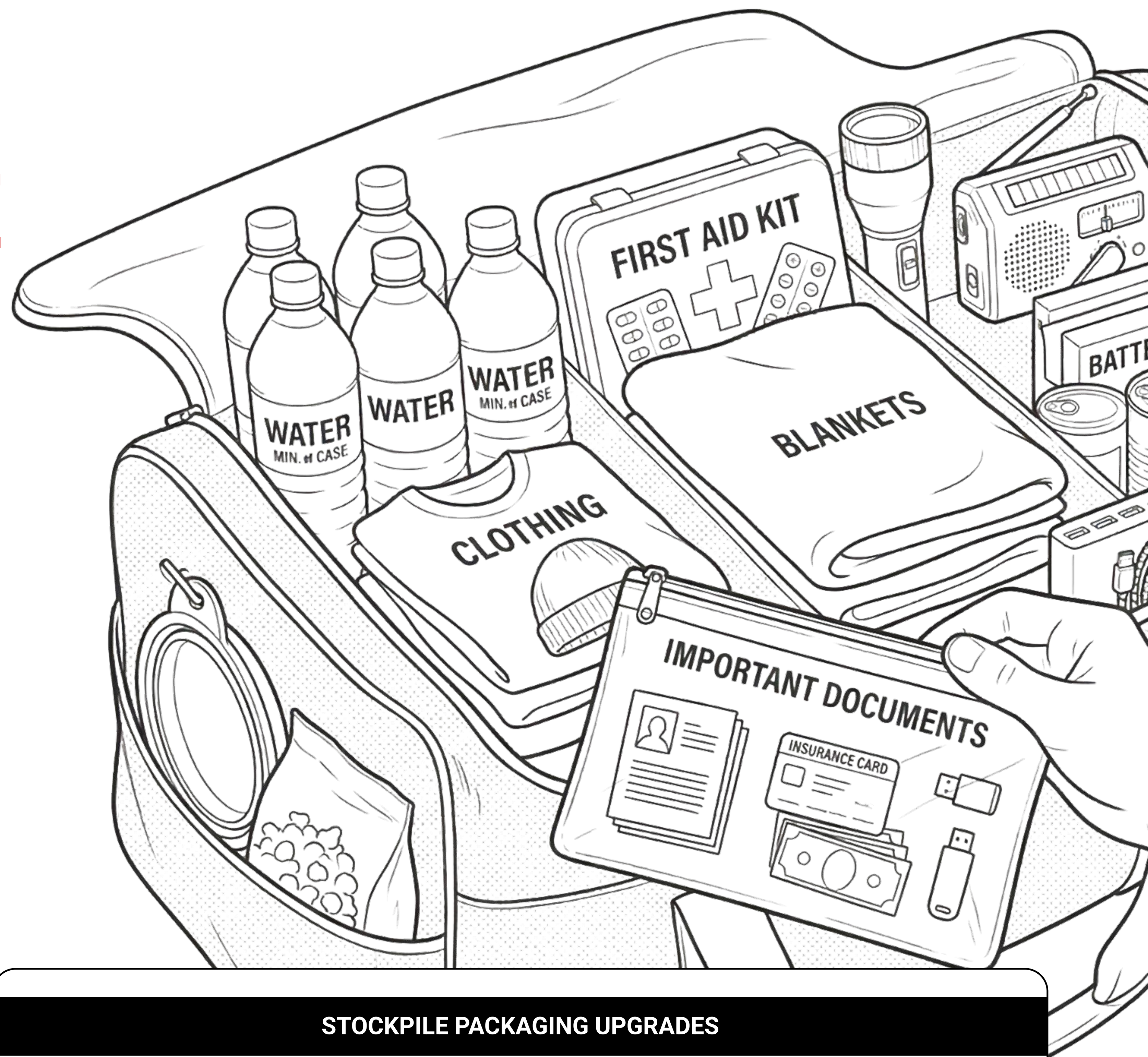


# GRID-DOWN SURVIVAL CHECKLIST: YOUR 10-MINUTE POWER FAILURE PREP PLAN

Copy this checklist and take action today. When the grid goes down, you won't have time to figure this out.



## THE 10-MINUTE "LIGHTS OUT" DRILL

Do this drill with your family tonight:

- Turn off the main breaker (or simulate it)
- Set a timer for 10 minutes
- Locate flashlights, headlamps, and batteries without using your phone
- Find and test your backup heat source
- Access emergency water supply
- Identify what went wrong and fix it BEFORE a real crisis

**Critical question:** Did everyone know where to go and what to do?

## THE WARM-ROOM SETUP MAP

Choose and prep your survival room NOW:

- Pick the smallest room you can seal off (typically 10x10 or smaller)
- Mark heat sources: where will you place your indoor-safe heater?
- Identify door gaps and window leaks to seal with towels or weatherstripping
- Designate sleeping spots for the whole family
- Store emergency blankets, sleeping bags, and layers IN that room
- Keep a backup heat source that doesn't require electricity (propane heater with CO detector, etc.)

**The rule:** Everyone sleeps in ONE room to conserve body heat and fuel.

## 72-HOUR WATER MATH + 60-SECOND TEST

Calculate your family's needs:

- 1 gallon per person per day × 3 days = \_\_\_\_ gallons total
- Add 50% for cooking, sanitation, pets = \_\_\_\_ gallons total
- Store water in food-grade containers away from sunlight

**The 60-Second Test (do this quarterly):**

- Inspect every container for cracks, bulges, or leaks
- Check caps for tight seals
- Sniff and look for cloudiness (replace if questionable)
- Rotate water every 6-12 months

Backup plan: Know where the nearest natural water source is + have a filter ready

## STOCKPILE PACKAGING UPGRADES

Prevent silent spoilage with these swaps:

- Transfer cardboard-boxed foods to airtight plastic bins or Mylar bags
- Remove pasta, rice, and grains from original bags → seal in glass jars or food-grade buckets
- Add oxygen absorbers to dry goods stored long-term
- Label everything with purchase date and expiration
- Store in a cool, dark, dry location (NOT the garage or attic)
- Check quarterly for pests, moisture, or expired items

The hidden threat: Humidity and pests destroy more stockpiles than age.

## THE GRAB-AND-GO PRIORITY LIST

If you have 5 minutes to evacuate, grab these IN ORDER:

1. Documents bag (IDs, insurance, cash, USB drive with scans)
2. Water (one case per person minimum)
3. Medications & first aid kit
4. Weather-appropriate clothing & blankets
5. Flashlights, radio, batteries
6. Non-perishable food (enough for 72 hours)
7. Phone chargers, power bank
8. Pet supplies & carriers

- Pre-pack items 1-5 in a designated bin or backpack
- Run a timed drill: can you actually grab everything in 5 minutes?

## FINAL CHECKPOINT

Answer these honestly:

- If the power died right now, could you keep your family warm for 72 hours?
- Do you have enough water to last 3 days without faucets?
- Is your food actually protected from spoilage, pests, and moisture?
- Would your family know exactly what to do in the first 10 minutes?

If you checked all four: You're ahead of 95% of people.  
If you missed even one: Start there today.