

AHA Power Outage Prep Checklist

Be ready for short disruptions or extended blackouts. Here's what to check off before the lights go out.



Essential Power + Light

- ☐ Flashlights in every room (with fresh batteries)
- ☐ Headlamp for hands-free tasks
- ☐ Battery-powered or hand-crank radio
- ☐ Portable power bank (fully charged)
- ☐ Solar charger or car adapter for phone charging
- ☐ LED lantern or candle alternatives (avoid open flame)



Fridge & Freezer Readiness

- ☐ Freeze water bottles to keep food cold longer
- ☐ Keep fridge/freezer doors closed — 4 hrs / 24–48 hrs rule
- ☐ Use thermometer inside fridge and freezer
- ☐ Know when to throw away spoiled food



Access & Safety

- ☐ Practice opening garage door manually
- ☐ Back up sump pump with battery system
- ☐ Secure outdoor items before storms
- ☐ Install surge protectors on key appliances
- ☐ Sign up for local outage alerts



Comfort & Communication

- ☐ Paper list of emergency contacts
- ☐ Pre-loaded playlist or offline entertainment
- ☐ Books, board games, and card decks

AHA Power Outage Prep Checklist - Cont'd

- ☐ Extra blankets and seasonal layers
- ☐ Backup heat or cooling options (battery, safe non-electric)



Additional Notes

