

The Survival Nexus

Home Power Outage Starter Checklist

Buy-first essentials

- One headlamp or flashlight per person
- LED lantern for room/table lighting
- Spare batteries or charged rechargeable batteries
- Charged phone power bank and charging cables
- Manual can opener stored with canned food
- Battery or hand-crank emergency radio
- Water containers you can lift, clean, and rotate
- Shelf-stable food your household already eats
- Basic first-aid kit and critical medications plan
- Working smoke alarms and carbon monoxide alarms

Before an outage

- Charge phones, power banks, radios, and rechargeable lights
- Fill water containers before storms, heat waves, or grid strain
- Print emergency contacts and utility numbers
- Move flashlights/headlamps where people can find them in the dark
- Check fridge/freezer thermometer and cooler availability
- Plan for pets, refrigerated medication, and powered medical devices

During an outage

- Use LED lights instead of candles when possible
- Keep fridge/freezer doors closed as much as possible
- Use phone power only for alerts, messages, maps, and essentials
- Follow local official alerts and utility updates
- Keep generators outdoors, away from windows, doors, and vents
- Never use grills, camp stoves, or generators indoors

After power returns

- Recharge all batteries and power banks
- Replace used water, food, first-aid, and battery supplies
- Check questionable refrigerated/frozen food against official guidance
- Write down what was missing and fix one gap this week

Useful rule: buy boring basics before expensive backup power.

Full guide: <https://thesurvivalnexus.com/articles/power-outage-kit-for-home>