

Blackout Kit for Granny!

Here's a list for older people living alone. Younger relatives can assemble this kit. Show the older folks how to use it during an electrical blackout situation.

1. Panic button

- Emergency necklace/panic button

2. List of Dos and Don'ts

- Dos and don't list (*You write this list!*)

3. Communications

- Hard-wired, land-line telephone
- Cell phone on pay-for-minutes plan
- Learn to "text message" on cell phone
- Call your family or church contact persons daily
- Small battery operated AM/FM/Weather radio
- 2 extra sets of batteries.
Store batteries separately from radio.
- Cell phone charger with a crank
(some flashlights have this)

4. Water

- Use 2-liter pop bottles. Fill w/ 2 drops Clorox.
- Refill bottles every 6 months.
Mark the new refill date on the bottle.

5. Emergency Lighting

- LED flashlights with AA batteries
- LED headlamp
- Glow sticks
- LED lanterns with batteries

6. Winter Clothing: Wool is warmest!

- Long winter underwear, bottoms and tops
- Regular socks inside, wool socks outside
- Pants, or slacks instead of a dress
- Winter weather jacket
- Winter hat and gloves
- For indoor use, down or fleece booties
- Consider buying a hand warmer

7. Warm Sleeping Gear

- Warm sleeping bags rated for sub-zero weather
- Wool blankets or extra blankets or quilts
- Space blankets keep you warm.
Put under blankets, under your body

8. Food: 3 days worth of food!

- Hot chocolate or cocoa
- Cup of Noodles soup
- Other canned soups
- Canned ravioli, fruit, apple sauce, etc.
- Freeze-dried foods from food storage
- Thermos bottle or two
- Channel lock pliers to open or tighten things
- Wet wipes and waterless soap
- Paper towels, and plastic cups, plates, and utensils
- Hand-operated can opener
- Candy for snacks

9. Cooking

- Small single burner propane camping stove
- 2 bar-be-que propane lighters

10. Heating water

- Small tea kettle with a whistling spout

11. Heating a room

- Blankets to hang over curtains to slow heat loss from windows
- Consider "Mr. Heater," "Buddy Heater," or similar portable propane heater

12. Limited Electricity

- Extra flashlight/radio batteries

13. Fuel storage

- 1-pound green propane fuel cylinders.
Get several for propane stove/lantern.

14. Sanitation: If brown, flush it down.

- Fill the bathtub to have toilet-flush water
- 5-gallon bucket, large garbage bags, cardboard seat for an emergency toilet.

15. First Aid kit

- Medium-level first aid kit.
- American Red Cross first-aid course.

16. Prescriptions

- All prescriptions needed for 3 days.
- If you have a medical condition that requires electricity, inform power company so you can be first to get your power back on.

17. Freezing Conditions

- Let water run slightly to prevent pipe freezing.
- Turn off water to unused toilets, then flush them.
- Anti-freeze in your car.

18. Comfort Items

- Some good books/magazines.
- Cards or single-person games and puzzles.
- A basic survival kit for your car, with water, food, warmth, a basic tool kit, Multi-tool, tow strap, Fix-a-Flat, extra auto fluids, etc.

19. Adapt These Ideas to Your Own Situation

- No emergency list covers everything.
- Consider needs of individual family members
- Address Feminine needs, Baby/toddler needs, and needs of pets.

20. Things Change. Review List Every 6 Months!

- Review List on July 4th and New Year's Eve!
- Make low-cost minor improvements.
- Replace dated items such as water, prescriptions, batteries, and food.
- Tailor this list to the person or persons using it.