



CANADA EDITION

POWER OUTAGE PREPAREDNESS

# 72-Hour Power Outage Kit

What to have, what to do and who to call for the first three days without power. Print it. Keep it with your supplies.

# How to use this kit

Most outages last hours, not days. This kit covers the first 72 hours in six short sections, each with a checklist you can tick off. Do the checklists now, while the lights are on.



## Still the same rule

If someone is hurt, a power line is down, or anyone has headache, dizziness or nausea while using fuel-burning equipment indoors, get everyone outside into fresh air and call 911. You never need to know the cause first.

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## How the numbers work

The Government of Canada asks households to be ready to look after themselves for at least 72 hours, with at least 2 litres (about 0.5 gal) of drinking water per person per day. We plan on 4 litres (1 gallon) to also cover cooking and washing. Adjust for babies, older adults, pets, heat or illness.



## General information only

This kit is general information, not medical, legal or electrical advice. Follow instructions from your local authorities and utility. Sources are linked on [prepforoutage.com](https://prepforoutage.com).

# 01

## Water

SECTION

Store

Treat

Ration

### WHAT TO HAVE

- ☐ Drinking and cooking water for at least 3 days, planning on 4 L (1 gal) per person per day
- ☐ Extra for pets: about half a person's share per cat or dog
- ☐ Food-grade containers with lids, filled and labelled with the date
- ☐ A water filter or purification tablets as a backup (not a replacement for stored water)
- ☐ Unscented household bleach and an eyedropper (check the label for water treatment instructions)

### WATER PLANNER

| People + pets (pets count as half) | Days | Litres per day | Total litres |
|------------------------------------|------|----------------|--------------|
| _____                              | 3    | 4 L (1 gal)    | _____        |
| _____                              | 7    | 4 L (1 gal)    | _____        |



#### Know the limits of filters

Most portable filters do not remove chemicals, heavy metals or salt. If flood water or a chemical spill is possible, use stored or bottled water. Follow any boil-water advisory from your public health authority. Boiling kills germs, not chemicals.



#### If taps still run

Fill the bathtub and spare containers before a storm. Water for flushing can come from the tub. Do not drink it unless it has been treated.

# 02

## Food

SECTION

Pantry first

No cooking

### ● WHAT TO HAVE

- ☐ 3 days of food you already eat that needs no cooking or only hot water
- ☐ Manual can opener
- ☐ Baby formula, pet food and any special-diet items
- ☐ Peanut butter, crackers, canned beans or tuna, fruit, nuts, granola bars
- ☐ Paper plates, utensils and hand sanitizer to save washing water
- ☐ A fridge and freezer thermometer

### ● FRIDGE AND FREEZER RULES

| Where             | Stays cold (door closed) |
|-------------------|--------------------------|
| Refrigerator      | About 4 hours            |
| Full freezer      | About 48 hours           |
| Half-full freezer | About 24 hours           |



#### Keep or toss

Throw out perishable food (meat, poultry, fish, dairy, eggs, cooked leftovers, cut fruit) that has been above 4 °C (40 °F) for 2 hours or more. Do not taste food to test it. When in doubt, throw it out.



#### Cooking

Cook with fuel only outdoors, in open air, away from the house. Never use a barbecue, camp stove or charcoal inside a home, garage or tent.

# 03 SECTION Power and light

Light

Information

Backup power

## ● WHAT TO HAVE

- ☐ A headlamp or flashlight for each person, with spare batteries (skip candles)
- ☐ Battery or hand-crank AM/FM radio (US: with the NOAA weather band)
- ☐ Charged power banks and charging cables for every phone
- ☐ A lantern for the main room
- ☐ A backup power station, if essentials need power (see sizing below)
- ☐ Written list of the devices you must keep running and their watts

## ● QUICK SIZING FOR BACKUP POWER

Watts x hours = watt-hours. Divide by 0.85 for conversion losses. Example: a 15 W router for 12 hours is 180 Wh.

| Device (typical, check your label) | Watts         | Hours per day | Watt-hours     |
|------------------------------------|---------------|---------------|----------------|
| Router and modem                   | 10 to 25      | 24            | 240 to 600     |
| Phone charging                     | 5 to 20       | 3             | 15 to 60       |
| LED light                          | 5 to 10       | 5             | 25 to 50       |
| Laptop                             | 40 to 65      | 6             | 240 to 390     |
| Fridge (modern)                    | 40 to 100 avg | 24            | 1,000 to 2,000 |



### Power stations are not heaters

A 1,500 W heater empties a 1,000 Wh battery in well under an hour. Use backup power for communication, light, a medical device and part of a fridge's day. Test it before you need it.

# 04 SECTION Warmth and safety

Heat one room

CO safety

## ● WHAT TO HAVE

- ☐ Warm blankets or sleeping bags rated for the cold you expect
- ☐ Hats, gloves and wool socks for everyone
- ☐ A plan to heat one small room: close doors, hang blankets over windows
- ☐ Battery-backed carbon monoxide alarm, tested this month
- ☐ Fire extinguisher and smoke alarms with fresh batteries
- ☐ Know where the nearest warming centre is

### ! **The one rule: carbon monoxide**

Never run a generator, barbecue, camp stove, charcoal grill, gas oven or vehicle inside a home, garage, shed or tent, even with a door open. Carbon monoxide has no smell and can kill. Generators run outdoors, well away from windows, doors and vents.

## ● SIGNS OF CARBON MONOXIDE POISONING

Headache, dizziness, nausea, weakness, confusion or drowsiness, often affecting several people at once. Get outside into fresh air and call 911.

### i **If indoor temperatures approach freezing**

Go to a warming centre or a friend's home. Check on older neighbours and anyone who lives alone.

# 05

## SECTION

# Health and documents

Medications

Devices

Papers

### ● WHAT TO HAVE

- ☐ First aid kit, checked this year
- ☐ Prescription medications for at least a week, with a written list of names and doses
- ☐ A backup plan for any powered medical device (CPAP, oxygen, powered bed)
- ☐ Glasses, hearing-aid batteries, mobility aids
- ☐ Copies of ID, insurance and key papers in a waterproof bag
- ☐ Cash in small bills
- ☐ Spare house and car keys



### **Powered medical equipment**

Talk to your clinician and equipment supplier about a backup plan before an outage. Ask your power utility whether it keeps a register of customers who rely on powered medical equipment. Call emergency services if you cannot safely operate essential equipment. This kit is not medical advice.

# 06

## Pets

SECTION

Water

Food

Go-kit

### ● WHAT TO HAVE

- ☐ Water for each pet: about 1 oz per lb of body weight per day (60 mL per kg), more in heat
- ☐ 3 to 7 days of your pet's normal food in a sealed container, plus a manual can opener if it eats canned food
- ☐ A week of any medication, with a copy of the prescription and vet records
- ☐ Carrier or crate for each pet, collar with ID tag, leash or harness, and a recent photo of you with your pet
- ☐ Bowls, litter and tray, waste bags, a blanket or a familiar toy
- ☐ Vet phone number, an after-hours clinic and a pet-friendly place to go

### ● PET WATER BY WEIGHT

| Pet weight    | Water per day  |
|---------------|----------------|
| 5 kg (11 lb)  | 300 mL (10 oz) |
| 10 kg (22 lb) | 600 mL (20 oz) |
| 25 kg (55 lb) | 1.5 L (51 oz)  |
| 35 kg (77 lb) | 2.1 L (71 oz)  |



#### **If you have to leave**

Take pets with you. Many emergency shelters accept only service animals, so line up a pet-friendly hotel, boarding or a friend ahead of time. Keep pets in carriers or on leashes.



#### **Ask your vet**

These amounts are a rule of thumb, so ask your vet about your pet. Bring pets inside in the cold, give shade and water in the heat, and never leave a pet in a parked car. Birds, reptiles and fish may need heat or air that stops with the power.

# 07

SECTION

## Plan and contacts

Contacts

Shut-offs

Alerts

### ● EMERGENCY CONTACTS

| Name | Phone | Notes |
|------|-------|-------|
|      |       |       |
|      |       |       |
|      |       |       |
|      |       |       |
|      |       |       |
|      |       |       |

### ● KEY LOCATIONS

|                         |       |
|-------------------------|-------|
| Main breaker:           | _____ |
| Water shut-off:         | _____ |
| Gas shut-off:           | _____ |
| Nearest warming centre: | _____ |
| Utility outage phone:   | _____ |
| Utility outage map:     | _____ |

### ● WHERE TO CHECK

**Live outage maps:** [prepforoutage.com/outage-map.html](https://prepforoutage.com/outage-map.html)

**Official guidance:** Government of Canada: [getprepared.gc.ca](https://getprepared.gc.ca) (search power outages) | Weather alerts: [weather.gc.ca](https://weather.gc.ca)

**If the power goes out:** check your breaker, check the utility map, report the outage, keep fridge doors closed, and check on neighbours.

#### **i** Go deeper

Dozens of guides, an outage planner and a readiness quiz are free at [prepforoutage.com](https://prepforoutage.com) (in English). We may earn a commission on products linked on our site at no cost to you ([prepforoutage.com/affiliate-disclosure.html](https://prepforoutage.com/affiliate-disclosure.html)).