

# Winter Storm Prep Checklist

## Home and Power Outage

- ☐ Test smoke and carbon monoxide detectors, and keep a battery- powered CO alarm on hand, CO poisoning kills people every winter storm, often from generators or stoves used improperly for heat
- ☐ Know how to shut off water at the main, and let faucets drip during extreme cold to prevent frozen pipes
- ☐ Insulate pipes in unheated spaces like garages and crawl spaces
- ☐ Keep a battery- or crank-powered radio, flashlights, and backup batteries or a power bank on hand
- ☐ If using a generator, run it outside only, at least 20 feet from windows and doors

## Vehicle and Travel

- ☐ Keep the gas tank at least half full throughout storm season
- ☐ Pack a winter car kit: blankets, extra warm clothes, snacks, water, a phone charger, jumper cables, a small shovel, and sand or kitty litter for traction
- ☐ Check wiper blades, antifreeze, and tire tread before the first cold snap
- ☐ Avoid travel during storm warnings; if stranded, stay with the vehicle and run the engine periodically for heat

## Food, Water, and Warmth

- ☐ Stock at least 3-7 days of non-perishable food and water per person
- ☐ Keep extra blankets, warm layers, and a backup heat source that doesn't rely on electricity
- ☐ Freeze jugs of water ahead of a storm, they help keep a fridge or cooler cold during an outage and double as emergency drinking water once melted

## Health, Medication, and Emergency Supplies

- ☐ Fill prescriptions before a storm watch is issued, pharmacies can close for days when roads are impassable
- ☐ Keep a basic first aid kit stocked and easy to find
- ☐ If anyone in the household depends on refrigerated medication or powered medical equipment, plan ahead for backup power or a safe place to go
- ☐ Build (or restock) an emergency medication kit before the season starts, not after the forecast turns urgent

Looking for more information? Visit us at [preparemedical.com](https://preparemedical.com).