

Your two-week checklist

A practical starting point for power and communications disruptions. Build gradually, adapt to your household, and follow your utility and local officials. This is general educational information, not a local emergency warning.

1. Water and food

- ☐ Store at least 1 US gallon per person per day for drinking and sanitation: people x 14 days. Add more for heat, illness and individual needs; include pets.
- ☐ Use suitable clean containers. Replace self-filled stored water every six months; follow bottled-water expiration dates. Label fill and review dates.
- ☐ Keep familiar shelf-stable food, a manual can opener and a way to prepare meals safely. Account for allergies, infants, pets and special diets.
- ☐ Know local boil-water advisories. Filters remove only specified contaminants. Fuel or toxic chemical contamination cannot be made safe by boiling or disinfecting.

2. Light, power and information

- ☐ Check flashlights, batteries, charged power banks and a battery-powered radio. Save utility outage contacts and local emergency information offline.
- ☐ List essential electrical loads. Verify battery usable watt-hours, running output, startup demand and connectors. Test the actual setup before relying on it.
- ☐ Operate fuel-burning generators outdoors, at least 20 feet from doors, windows and vents, with exhaust pointed away. Keep working carbon monoxide alarms.

3. Health, contacts and records

- ☐ Arrange prescription reserves and storage with your clinician or pharmacist. Obtain a tested backup plan for powered medical equipment from your care team.
- ☐ Keep first-aid, hygiene and sanitation supplies. Store small bills and paper copies of important records securely.
- ☐ Write down household and out-of-area contacts, a meeting place, and support needs. Review the plan together; keep a copy each person can access.

During an outage: use battery lights, keep refrigerator/freezer doors closed, follow food-safety guidance, and disconnect nonessential appliances when safe. Do not interrupt essential medical equipment without its prescribed backup plan.

Make it your household plan

Complete on paper and store privately. Keep a copy in your emergency supplies and one in a place household members know.

Quantities and dates

People: _____ Days: 14 Baseline water (people x 14): _____ US gallons

Extra water / pets: _____ Total goal: _____ Already stored: _____

Water fill date: _____ Next review / replacement: _____

Food, hygiene, accessibility or pet needs to account for:

Essential power and health

Devices and measured average load (W); startup / connection requirements:

Battery usable Wh: _____ Estimated runtime (usable Wh / average W): _____ hours

Medical equipment backup, medication storage and care-team contact:

Contacts and meeting plan

Local contact / phone: _____ Out-of-area contact / phone:

Meeting place and alternative:

Utility outage number / local emergency information source:

Review and sources

Next household review: _____ Supplies still needed: _____

Read the full guide and linked primary sources at:

flarepreparedness.com - Two-week preparedness checklist

Primary guidance: CDC water storage; EPA emergency drinking-water disinfection; FDA medical-device disaster planning; Ready.gov power outages. Local instructions and manufacturer requirements take priority.