Outage Prep Checklist

MY EASY SOLAR PLANS

Prep before the next outage. Tick it off once, then check it again each fall and spring.

Water

- ☐ One gallon per person per day, for drinking and washing. Aim for several days; more if you are on a well pump that needs power.
- ☐ Fill a few clean jugs or the bathtub when a storm is forecast (tub water is for flushing and washing).
- ☐ Extra water for pets.

Food

- ☐ Several days of food that needs no fridge and little or no cooking.
- ☐ A manual can opener. Paper plates and wipes save water.
- ☐ Baby formula and any special-diet items your household relies on.

Light

- ☐ One flashlight or headlamp per person, kept where you can find it in the dark.
- ☐ Spare batteries that fit them, or lights you keep charged.
- ☐ Skip candles where you can; flashlights are safer. Outage flashlight picks.

Medical

- ☐ At least a 7-day supply of daily medicines, plus copies of prescriptions.
- ☐ If anyone uses a powered device (CPAP, oxygen concentrator, pump), ask the doctor and the device maker for a power-outage plan and the device's real watts.
- ☐ Plan for medicines that need cold storage, and ask your pharmacist how long they keep warm.
- ☐ Ask your utility whether it keeps a medical-needs list.

Power

- ☐ Charge your power station to 100% now, then top it up every few months.
- ☐ Run it once on the things you'll actually plug in: fridge, router, lamp, CPAP.
- ☐ Write your rough runtime on a sticky note: hours = (station Wh x 0.85) / average watts. An estimate, not a promise. Our size calculator does the math.
- ☐ Gas generators stay outside, at least 20 feet from windows, doors and an attached garage. Never in a garage or porch.
- ☐ Unplug electronics when the power drops, so the surge when it returns doesn't hit them.

Comms

- ☐ Phones and power banks charged before the storm arrives.
- ☐ A battery or hand-crank radio, ideally a NOAA Weather Radio with tone alert.
- ☐ Important numbers written on paper: family, doctor, utility outage line, insurance.
- ☐ Sign up for your county's emergency alerts.

Fridge and freezer

- ☐ Keep the doors shut. A closed fridge stays cold for about 4 hours.
- ☐ A full freezer holds about 48 hours (about 24 hours if half full).
- ☐ Put a thermometer in each. Toss perishables that sat at 40°F or warmer for over 2 hours.
- ☐ Freeze a few water jugs now. They become ice packs, then drinking water.

Cold or heat

- ☐ Cold: blankets or a sleeping bag per person, warm layers, and one room you can close off.
- ☐ Never heat the house with a gas oven, stovetop or grill. Test your carbon monoxide alarms and keep spare batteries in them.
- ☐ Heat: know where your local cooling or warming center is, and check on older neighbors.

Gear we'd actually buy for an outage kit

These are the same picks we recommend on our guides. Specs are from each maker. We don't print prices because they change daily; the links show today's price. Links are affiliate links: as an Amazon Associate we earn from qualifying purchases, and we earn from BLUETTI and EcoFlow through CJ. You pay the same.

Pick	Why it's on the list	Link
EcoFlow DELTA 3 1,024 Wh · 1,800 W · up to 500 W solar · 27.6 lb	Overnight kit for most homes: fridge, router, phones and lights for a night. You can add an EcoFlow extra battery later.	Amazon EcoFlow
Anker SOLIX C1000 Gen 2 1,024 Wh · 2,000 W · up to 600 W solar · 24.9 lb	Same size tank with more output, for a small microwave or coffee maker. Not expandable.	Amazon
Jackery Explorer 2000 v2 2,042 Wh · 2,200 W · up to 400 W solar · 39.5 lb	Two-day kit when you mostly charge from the wall. Uses Jackery's own solar plug, so check your panel's connector.	Amazon
BLUETTI Elite 200 V2 2,073.6 Wh · 2,600 W · up to 1,000 W solar · 44.5 lb	Longer outages where you'll recharge from solar. Heavy; it lives in one room.	BLUETTI
BLUETTI 350W solar panel (PV350) MC4 output · 46.5 V open-circuit (BLUETTI)	One panel pairs with the Elite 200 V2 for day-two charging. Check your station's solar voltage range before pairing it with anything else.	BLUETTI
10 ft MC4-to-XT60 solar cable (12 AWG) Generic brand · ships from Amazon	Lets an MC4 panel reach a station with an XT60 solar port. Check your port first; some stations need their own cable.	Amazon

Which size do you need?

A fridge is usually the biggest steady load in an outage. A 1 kWh station covers a night of fridge, router, phones and lights for most homes. Plan on about 2 kWh, or 1 kWh plus a solar panel, if you want to get through a second day. CPAPs with heated humidifiers and space heaters change the math a lot, so check their labels. For your own numbers, use the power station size calculator.

When the power goes out: the first 10 minutes

- ☐ Grab the flashlight, not a candle. Check on everyone in the house.
- ☐ Look outside: is it just you or the whole street? Report it to your utility, then check its outage map.
- ☐ Unplug TVs, computers and anything with a motor you won't be using.
- ☐ Shut the fridge and freezer and leave them shut. Note the time.
- ☐ Plug the fridge and router into the power station first; lights and phones next.
- ☐ If you run a gas generator, set it up outside and well away from the house before you start it.

My numbers (fill in once): Station size _____ Wh · Fridge watts _____ · CPAP/medical device watts _____ · Utility outage line _____ · Rough fridge+router runtime _____ hours

Keep going on the site

- › Best solar generators and power stations (2026)
- › Best solar generator for home backup
- › Best portable solar panels for power stations
- › Power station accessories
- › Winter storm power station checklist (the 32°F charging rule)
- › Build a complete flashlight kit (thebestflashlights.com)

Sources: Ready.gov "Build a Kit" and "Power Outages" pages; FoodSafety.gov "Food Safety During Power Outage". Product specs from EcoFlow, Anker, Jackery and BLUETTI spec pages. Checked Nov 19, 2026. This checklist is general preparedness information. For medical devices and medicines, follow your doctor's and the device maker's guidance. Connecting anything to home wiring is a job for a licensed electrician.