



Pioneer Building Supply

231 Northgate Drive STE 250 * McMinnville, TN

931-473-7777 * www.PioneerBuildingSupply.com

5-Day Winter Storm Power-Outage Preparedness List

HEAT & WARMTH (Top Priority)

- Safe heat source (one or more):
 - Propane heater **rated for indoor use**
 - Kerosene heater (with ventilation)
 - Wood stove / fireplace
 - Fuel supply for **at least 5 days**
 - Extra blankets (wool or thermal preferred)
 - Sleeping bags (cold-weather rated)
 - Thermal clothing:
 - Base layers (merino or synthetic)
 - Heavy socks (wool)
 - Gloves, hats, scarves
 - Hand & foot warmers
 - Draft blockers for doors & windows
 - Plastic sheeting + painter's tape (to seal windows if needed)
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LIGHTING & POWER

- Flashlights (one per person)
 - Headlamps (hands-free is huge)
 - Lanterns (LED preferred)
 - Extra batteries (organized by size)
 - Rechargeable power banks (fully charged)
 - Car charger adapters (12V)
 - Small solar charger (if weather allows)
 - Glow sticks (safe, long-lasting backup)
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FOOD & COOKING (No Power)

- **5 days of shelf-stable food per person**
 - Canned meats (chicken, tuna, spam)
 - Soups, chili, stews
 - Peanut butter, nuts
 - Protein bars
 - Crackers, rice, instant potatoes
 - Manual can opener
 - Camp stove or propane burner
 - Fuel canisters (extra)
 - Matches / lighters (multiple)
 - Paper plates, cups, plastic utensils
 - Trash bags (cleanup matters)
 - Cooler (for short-term fridge salvage if cold outside)
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WATER

- **1 gallon per person per day (minimum)**
 - 5 gallons per person total
 - Bottled water + large containers
 - Water purification tablets or filter
 - Melt-snow backup plan (boil before drinking)
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REFRIGERATOR & FREEZER PLAN

- Keep doors closed
 - Freeze containers of water now (acts as ice blocks)
 - Use outdoor temps (below 40°F) as temporary cold storage
 - Thermometer for fridge/freezer
 - Plan to eat perishables first
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MEDICAL & HYGIENE

- 7-day supply of all prescriptions
 - First aid kit (fully stocked)
 - Pain relievers, fever reducers
 - Hand sanitizer & wipes
 - Toilet paper (extra)
 - Feminine hygiene products
 - Baby supplies (if applicable)
 - Denture/CPAP backups if needed
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COMMUNICATION & INFO

- NOAA weather radio (battery or crank)
 - AM/FM radio
 - Printed emergency contacts
 - Fully charged phones
 - Offline maps downloaded
 - Whistle (signal if needed)
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HOME & SAFETY

- Fire extinguisher (accessible)
 - Carbon monoxide detector (battery powered)
 - Smoke detector (battery powered)
 - Extra batteries for detectors
 - Ice melt / salt
 - Snow shovel(s)
 - Work gloves
 - Basic tool kit
 - Duct tape, zip ties
 - Towels (insulation & cleanup)
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VEHICLE PREP

- Keep gas tank **above ½ full**
 - Ice scraper & snow brush
 - Emergency car kit:
 - Blanket
 - Flashlight
 - Jumper cables
 - Traction aids
 - Road flares or reflectors
 - Windshield washer fluid (winter blend)
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PETS & LIVESTOCK (If Applicable)

- 5–7 days of pet food
 - Extra water
 - Medications
 - Warm bedding
 - Leashes / carriers
 - Litter & cleanup supplies
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COMFORT & SANITY (Underrated but Important)

- Books, puzzles, cards, board games
 - Battery-powered speaker
 - Notebooks & pens
 - Coffee/tea (morale matters 😊)
 - Chocolate or comfort snacks
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CRITICAL SAFETY REMINDERS

- **Never use grills or generators indoors**
 - **Never run vehicles in a closed garage**
 - Vent heaters properly
 - Keep combustibles away from heat sources
 - Check on neighbors (especially elderly)
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OPTIONAL “GO BIN” (One Tote Per Person)

- Clothes
- Blanket
- Headlamp
- Snacks
- Water bottle
- Phone charger
- Meds
- Gloves & hat

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