



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)

💡 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)

*** For Informational Purposes ONLY. Not intended to be a lifesaving list or complete need list for emergencies.



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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)

💧 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)

📦 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



COMMUNICATION & INFO

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



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 1/2 full**
- Ice scraper & snow brush
- Emergency car kit:
 - Blanket
 - Flashlight
 - Jumper cables
 - Traction aids
 - Road flares or reflectors
- Windshield washer fluid (winter blend)

PETS & LIVESTOCK (If Applicable)

- 5–7 days of pet food
- Extra water
- Medications
- Warm bedding
- Leashes / carriers
- Litter & cleanup supplies

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)



OPTIONAL “GO BIN” (One Tote Per Person)

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

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