vifalio

FREE GUIDE · USA

5 DAYS WITHOUT POWER

A calm, practical home kit for your family: what to have ready, what to do in the first hours, and a simple plan for each day until the lights come back.

- Water and food: how much for 5 days
- Light, radio and phone charging
- Medicines, documents and cash
- Fridge, freezer and food safety
- Day-by-day plan + printable checklist



HOW TO USE THIS GUIDE

Read it on a calm day, print the checklist, and keep a copy with your kit.

1 START SMALL

You do not need to buy everything at once. Begin with water, light and medicines, then add a few items each week.

2 BUILD THE KIT

Pages 4 to 6 list what to store, with simple amounts for a family. Mark what you already have.

3 KNOW THE FIRST HOURS

Page 7 shows the first steps, and page 8 explains how long the fridge and freezer keep food safe.

4 PRINT AND SHARE

Fill in the family sheet on page 13 and go over the plan with everyone at home, kids included.

WHAT'S INSIDE

3 What stops when the power goes out
4 Water and food for 5 days
5 Light, radio and charging
6 Health, documents and cash
7 The first hours
8 Fridge, freezer and food safety
9 Safety: CO, heat and cold
10 The 5-day plan
11 When the power comes back
12 Printable checklist
13 Family sheet
14 Sources and next steps

Educational guide based on Ready.gov (FEMA) and American Red Cross tips, checked Nov 2026. Always follow local officials and your doctor.

WHAT STOPS WHEN THE POWER GOES OUT

A long outage can follow storms, heat waves or grid problems. Knowing what depends on electricity is the first step.

FRIDGE AND FREEZER

Food starts to warm up. A closed fridge keeps food cold for about 4 hours.

LIGHT

Nights get long. Flashlights are safer than candles.

PHONE AND INTERNET

Batteries run down and networks get busy. Texts often go through when calls do not.

HEATING AND COOLING

The house gets hot or cold. Some cities open cooling and warming centers.

MEDICAL DEVICES

Oxygen, CPAP and other devices need a backup plan made with your doctor.

WATER AND COOKING

Some homes use electric pumps or stoves. Stored water and no-cook food help.

Make a list of everything at home that needs electricity. That list shows what your kit must cover.

Educational guide based on Ready.gov (FEMA) and American Red Cross tips, checked Nov 2026. Always follow local officials and your doctor.

WATER AND FOOD FOR 5 DAYS

Ready.gov suggests one gallon of water per person per day, for drinking and hygiene.

People at home	Water for 5 days	Tip
1 person	5 gallons	Add extra for pets
2 people	10 gallons	Store in sealed containers
4 people	20 gallons	Write the date on each jug
6 people	30 gallons	Keep in a cool, dark place



NO-COOK FOOD THAT KEEPS

- Canned beans, tuna, chicken and soup
- Peanut butter, crackers and granola bars
- Dried fruit, nuts and cereal
- Shelf-stable milk and juice boxes
- Baby food and formula, if needed
- A manual can opener

The Red Cross suggests food and water for at least two weeks at home. Five days is a good first goal.

Educational guide based on Ready.gov (FEMA) and American Red Cross tips, checked Nov 2026. Always follow local officials and your doctor.

LIGHT, RADIO AND CHARGING

Light and information keep the family calm. Plan one light for each person.

FLASHLIGHTS

One for each person, plus a lantern for the room you use most.

EXTRA BATTERIES

Check the sizes your flashlights and radio use.

RADIO

Battery-powered or hand-crank, ideally with NOAA Weather Radio alerts.

POWER BANK

Keep it charged. Charge phones fully when a storm is coming.

CAR CHARGER

Useful to charge a phone. Run the car only outdoors, never in a garage.

WHISTLE

To signal for help, as listed in the Ready.gov kit.

Use flashlights, not candles. Candles are a fire risk, says the Red Cross.

Educational guide based on Ready.gov (FEMA) and American Red Cross tips, checked Nov 2026. Always follow local officials and your doctor.

HEALTH, DOCUMENTS AND CASH

These items are personal. Fill them in for each person at home.

PRESCRIPTION MEDICINES

A supply for the days ahead. Ask your doctor how to store medicines that need the fridge.

FIRST AID KIT

Bandages, pain relievers, antacids and anything your family uses often.

GLASSES AND HYGIENE

Glasses, contact lens solution, soap, sanitizer, wipes and garbage bags.

DOCUMENTS

Copies of IDs, insurance and bank records in a waterproof bag.

CASH

Card machines and ATMs may not work during an outage.

PETS AND BABIES

Pet food and water; formula, diapers and wipes if you have a baby.

Power-dependent medical device at home? Talk to your doctor and your utility company about a plan before you need it.

Educational guide based on Ready.gov (FEMA) and American Red Cross tips, checked Nov 2026. Always follow local officials and your doctor.

THE FIRST HOURS

No rush. A few calm steps protect your food, your devices and your family.

1 CHECK THE SCOPE

Look outside: is it only your home or the whole street? Check your breaker panel.

2 REPORT IT

Report the outage to your utility company by text, app or phone.

3 UNPLUG

Unplug appliances and electronics. Power can return with a surge.

4 KEEP THE COLD IN

Keep the fridge and freezer closed. Every opening lets the cold out.

5 ONE LIGHT PER PERSON

Hand out the flashlights and save the batteries you do not need.

6 CHECK ON PEOPLE

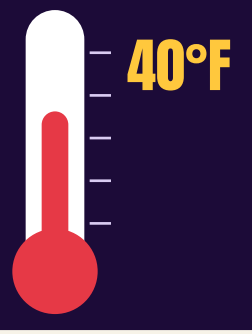
Text family and check on neighbors who live alone or are older.

Educational guide based on Ready.gov (FEMA) and American Red Cross tips, checked Nov 2026. Always follow local officials and your doctor.

FRIDGE, FREEZER AND FOOD SAFETY

Ready.gov rules for food in an outage. A thermometer in the fridge helps you decide.

Situation	What it means
Fridge closed	Keeps food cold for about 4 hours
Full freezer, closed	Keeps its temperature for about 48 hours
Food at 40°F or higher for 2 hours or more	Throw it out
Unusual smell, color or texture	Throw it out
Medicine kept in the fridge, outage over 1 day	Discard unless the label says otherwise and call your pharmacist



When in doubt, throw it out. Coolers with ice can buy time for milk, medicine and baby food.

Educational guide based on Ready.gov (FEMA) and American Red Cross tips, checked Nov 2026. Always follow local officials and your doctor.

SAFETY: CARBON MONOXIDE, HEAT AND COLD

Carbon monoxide has no color and no smell. These rules come from Ready.gov and the Red Cross.

GENERATOR ONLY OUTSIDE

Generators, camp stoves and grills stay outdoors, at least 20 feet from windows, doors and garages.

NEVER HEAT WITH THE STOVE

Never use a gas stove or oven to heat your home.

CO ALARMS

Install CO alarms with battery backup on every level of the home.

GAS LINE

Turn off the gas only if you suspect damage or officials tell you to. Only a professional turns it back on.

HOT DAYS

Drink water, rest in the coolest room and ask about cooling centers near you.

COLD DAYS

Layer clothes and blankets, use one room, and ask about warming centers.

Educational guide based on Ready.gov (FEMA) and American Red Cross tips, checked Nov 2026. Always follow local officials and your doctor.

THE 5-DAY PLAN

A simple routine keeps everyone calmer and makes supplies last.

1

DAY 1 · SETTLE IN

Do the first-hours steps, count your water and food, and choose one main room for the family.

2

DAY 2 · ROUTINE

Set times for meals, charging and radio news. Eat food from the fridge first, then the freezer.

3

DAY 3 · SAVE

Use one light at a time, charge phones in turns and keep texts short.

4

DAY 4 · CHECK

Check water, medicines and the temperature at home. Ask local officials about open centers.

5

DAY 5 · DECIDE

If staying home is no longer safe or comfortable, plan a move to family, friends or a center.

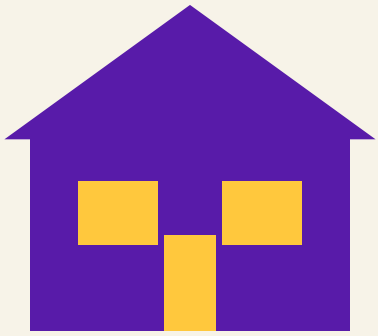
Follow local officials on the radio. Their instructions come first.

Educational guide based on Ready.gov (FEMA) and American Red Cross tips, checked Nov 2026. Always follow local officials and your doctor.

WHEN THE POWER COMES BACK

The lights are on. A few checks before life goes back to normal.

1. Plug appliances back in one at a time, a few minutes apart.
2. Check the fridge and freezer temperature before eating anything.
3. Throw out food that stayed at 40°F or higher for 2 hours or more.
4. Call your pharmacist about any medicine that got warm.
5. Recharge flashlights, radio and power banks.
6. Refill water and replace the food you used.
7. Write down what was missing and add it to the kit.



Educational guide based on Ready.gov (FEMA) and American Red Cross tips, checked Nov 2026. Always follow local officials and your doctor.

PRINTABLE CHECKLIST

Check each item when it is in the kit. Review it every six months.

WATER AND FOOD

- [ ] 1 gallon per person per day
- [ ] No-cook food for 5 days
- [ ] Manual can opener
- [ ] Pet food and water

LIGHT AND POWER

- [ ] Flashlight for each person
- [ ] Extra batteries
- [ ] Charged power bank
- [ ] Phone chargers

INFORMATION

- [ ] Battery or hand-crank radio
- [ ] NOAA Weather Radio alerts
- [ ] Paper list of phone numbers
- [ ] Local map

HEALTH

- [ ] Prescription medicines
- [ ] First aid kit
- [ ] Glasses and hygiene items
- [ ] Plan for medical devices

DOCUMENTS AND CASH

- [ ] Copies of IDs and insurance
- [ ] Waterproof bag
- [ ] Cash in small bills
- [ ] Spare house and car keys

SAFETY

- [ ] CO alarm with battery backup
- [ ] Smoke alarm tested
- [ ] Whistle
- [ ] Wrench to turn off utilities

Educational guide based on Ready.gov (FEMA) and American Red Cross tips, checked Nov 2026. Always follow local officials and your doctor.

FAMILY SHEET

Fill it in, print it and keep it with the kit.

Item	Write it here
Utility company (outage line)	
Family contact out of town	
Neighbor who can help	
Doctor and pharmacy	
Medicines and doses	
Medical devices and backup	
Meeting place	
Nearest cooling or warming center	
Pet needs	

Educational guide based on Ready.gov (FEMA) and American Red Cross tips, checked Nov 2026. Always follow local officials and your doctor.

SOURCES AND NEXT STEPS

Everything in this guide comes from public safety tips you can check yourself.

Ready.gov / FEMA

Build a Kit and Power Outages pages: water per person, kit list, food and generator safety.

American Red Cross

Power outage safety: flashlights not candles, two weeks of supplies, CO and smoke alarms.

FCC

Tips for communicating in an emergency: texts often go through when calls do not.

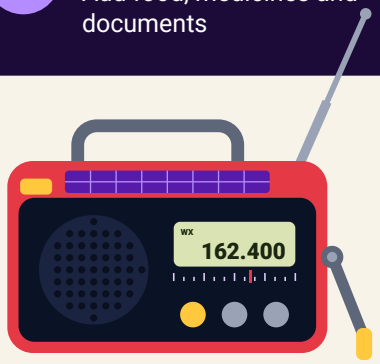
Your local officials

Cooling and warming centers, and instructions for your area, always come first.

1 This week
Store water and check flashlights

2 This month
Add food, medicines and documents

3 Every 6 months
Review the checklist



Educational guide based on Ready.gov (FEMA) and American Red Cross tips, checked Nov 2026. Always follow local officials and your doctor.