

FREE PRINTABLE GUIDE

Blackout Survival Checklist

What You Actually Need When the Power Goes Out —
Without Overpaying

- ✓ 5-minute read
- ✓ Printable checklist included
- ✓ Beginner-friendly

Inside this practical guide:

- First 30 minutes blackout action plan
- Emergency essentials checklist
- Refrigerator and freezer timing
- Charging and communication plan
- Simple solar generator sizing guide

Prepared by SunergyHub.com

Quick Start: What To Do First

The first 30 minutes matter most. Start by protecting food, charging essential devices, checking safety, and deciding what actually needs power.

1. Confirm the outage is not only your home.
2. Keep refrigerator and freezer doors closed.
3. Turn off or unplug sensitive electronics.
4. Charge phones and power banks immediately.
5. Check medical devices, pets, and older family members.
6. Decide which appliances are truly essential.

Avoid these expensive mistakes

Buying a generator before knowing what you need to run, opening the refrigerator repeatedly, trying to power everything, or waiting until a storm warning to test your backup gear.

Emergency Essentials Checklist

The goal is not to buy everything. The goal is to cover essentials first, then upgrade only where needed.

Core household items

- Water: at least 1 gallon per person per day
- Shelf-stable food for 2–3 days
- Flashlights or lanterns
- Extra batteries
- First-aid kit
- Cash in small bills
- Copies of key documents

Often forgotten items

- Phone power bank
- Battery radio or weather radio
- Manual can opener
- Pet food and supplies
- Warm blankets or cooling towels
- Trash bags and wipes
- Spare glasses or contact supplies

Rule: Prepare water, light, charging, food safety, and medical needs before buying expensive backup gear.

Refrigerator & Freezer Survival

Food loss is one of the most common blackout expenses. These estimates assume the doors stay closed as much as possible.

Item	Typical Safe Time	What to do
Refrigerator	About 4 hours	Keep closed. Decide early what must be eaten first.
Full freezer	About 48 hours	Keep closed. A full freezer stays cold longer.
Half freezer	About 24 hours	Group food together to retain cold.
Cooler with ice	Varies	Move priority items only if needed.

Checklist before using backup power

- Know the running watts and starting surge of your refrigerator.
- Use a properly rated extension cord if needed.
- Run the fridge in cycles if your battery is limited.
- Prioritize fridge, phone charging, medical devices, and lights first.

Communication & Charging Plan

A blackout is easier to manage when you can communicate, receive alerts, and keep basic devices charged.

Charging priority order

1. Medical devices
2. Main phone
3. Backup or family phone
4. Power bank
5. WiFi/router only if needed
6. Laptop/tablet last

Fill this in now

Utility outage page: _____

Local alert source: _____

Family group contact: _____

Nearest safe location: _____

Quick tip: Put phones on battery saver mode and avoid streaming video during a longer outage.

Medical, Pets & Special Needs

These are often the easiest items to forget but the hardest to replace during an outage.

Medical essentials

- Medication supply and refill dates
- CPAP or oxygen backup power plan
- Device chargers and spare cables
- Doctor / pharmacy contact details
- Cool storage plan for temperature-sensitive medicine

Pets and dependents

- Pet food, water, medication, and carrier access
- Comfort items for children or older family members
- Plan for stairs, elevators, heat, or cold
- Printed contact list in case phone battery dies

Simple Solar Generator Sizing Guide

You do not need to power the whole house during every outage. Most families need a reliable plan for essentials first.

Small backup: 300–600Wh

Can help with phones, lights, WiFi router, and a small laptop. Best for short outages and communication.

Medium backup: 1000–2000Wh

Can help with refrigerator cycles, CPAP, phones, and router. Best starting point for many homes.

Large backup: 2000Wh+

Can help with longer fridge backup, multiple devices, and heavier loads. Better for longer outages, but costs more.

Before buying: List exact appliances, then check watts, watt-hours, and surge watts.

Your Printable Blackout Plan

Emergency contacts

Main contact: _____

Backup contact: _____

Utility company: _____

Doctor/pharmacy: _____

Meeting place: _____

Final checklist

- Water
- Food
- Flashlights
- Batteries
- Power banks
- Phone chargers

- Medications
- First-aid kit
- Pet supplies
- Fridge/freezer plan
- Medical plan
- Backup power tested