FREE CARD · FROM THE ARMY BLACKOUT PLAN

THE FIRST HOUR

The six jobs to do, in this order, the moment the power goes out in winter. About 50 minutes. Tick each box as you go.

PRINT IT. TAPE IT TO THE FRIDGE.

1 CONFIRM THE OUTAGE

- [ ] Check the breaker panel. A tripped switch sits halfway or on OFF: flip it fully off, then on.
- [ ] Look outside. Neighbors dark too? It is the grid. Start the plan now, do not wait.

2 CLOSE THE FRIDGE AND FREEZER

- [ ] Shut both doors and keep them shut. Every opening lets the cold out.
- [ ] Write down the time the power went out. Your food clocks start now.

3 SET UP ONE WARM ROOM

- [ ] One small room for everyone, on the sunny side if you can. Close its door, a rolled towel along the bottom.
- [ ] Blanket or curtain over the window. Bring bedding, lights, water and the heater in.
- [ ] CO alarm on and tested BEFORE any heater is lit. Indoor-rated heater only, low setting.

4 PROTECT YOUR PIPES

- [ ] Open the cabinet doors under every sink.
- [ ] Let one cold tap on an outside wall drip, about one drop a second.
- [ ] Wrap pipes in a crawl space or cold basement with old towels or blankets.

5 LIGHTS AND PHONES

- [ ] All flashlights, headlamps and lanterns into the warm room. Test them, swap dead batteries now.
- [ ] Charge phones to full from a power bank, then airplane mode. Check messages twice a day.

6 LOCK UP AND GO DARK

- [ ] Lock every outside door and window. Alarms and cameras may be down.
- [ ] Close all curtains before dark, so no lamp or heater glow shows from the street.

WHAT CAN KILL YOU

NEVER, NOT EVEN FOR TEN MINUTES

- **No generator** inside the house, in the garage or on a covered porch, not even with the door open. Outside only, at least 20 feet from the house, exhaust pointing away from doors and windows.
- **No gas oven or stovetop** to heat the house. No charcoal grill or camp stove indoors.
- **No heater without a CO alarm** in the same room. Only heaters sold as safe for indoor use, with a low-oxygen sensor and a tip-over shutoff. Keep them 3 feet from bedding, curtains and people.
- **No candles** left burning while you sleep or leave the room. Use battery lanterns.
- **Headache, dizzy, sick or sleepy?** Turn the heater off, get everyone outside into fresh air, and call 911.

4 hours	48 hours	20 feet
A closed fridge keeps food cold	A full, closed freezer (about 24 if half full)	The generator's least distance from the house

DO THIS TODAY, WHILE THE LIGHTS WORK

1. Walk the six jobs once, room by room, as if the power just went out. Time yourself.
2. Find your breaker panel and your main switch. Put a flashlight right next to it.
3. Pick your warm room. Put a CO alarm with fresh batteries in it today.
4. Count your flashlights, batteries and power banks. Write down what is missing.

If the power comes back during the hour: stop, turn the heater off, close the cabinets, turn off the drip. You lost 30 minutes. That is a good trade.

THIS CARD IS THE FIRST HOUR. THE BOOK IS THE NEXT FIVE DAYS.

The Army Blackout Plan: three parts on how to stay warm, stock up right and defend the house through a 5-day winter blackout, with army surplus gear.

General safety information, not professional advice. Follow your heater and generator manuals and your local fire and emergency services. Food times from the USDA; generator distance from the CDC.