



A week without power.

How a normal household eats, stays clean, keeps cool or warm, and sleeps when the grid is gone for days.

1 Water first, every day



- One gallon per person per day, more in heat
- Fill everything while pressure holds
- The water heater tank holds drinkable water in a pinch

2 Eat the fridge, then the freezer



- Day one: fridge food
- Days two and three: a full freezer thaws slowly
- Then the pantry

3 Cook outside



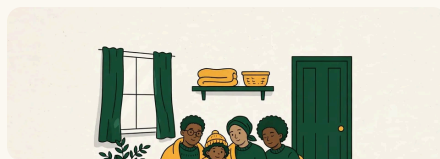
- Grill, camp stove, or a fire pit
- Never indoors, not even the garage
- One pot meals save fuel and water

4 Keep cool without AC



- Blinds shut by day, windows open at night
- Lowest floor, wet cloths on neck and wrists
- Check on older neighbors twice a day

5 Keep warm without heat



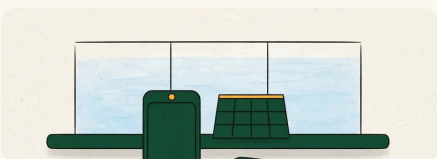
- One room, doors shut, everyone in it
- Layers and blankets, hats indoors
- No gas stoves or grills for heat, ever

6 Light the house



- A lantern per room in use, headlamps for hands
- Solar lights from the yard brought inside
- Candles only on a plate, never left alone

7 Keep the phones alive



- Power banks, then the car, then a power station
- One phone on at a time if it is tight
- Texts over calls

8 The toilet question



- Flush with a bucket of non-drinking water
- If water is off too, bag-line the bowl, tie and bin
- Hand sanitizer at the door

9 Stay clean



- A basin wash does the job
- Wipes for the days between
- Dishes in a tub, rinse in treated water

10 Protect the food you have left



- Coolers with ice, open once a day
- Anything above 40°F for two hours gets tossed
- Dry goods in sealed bins

11 Protect the house



- Unplug the big electronics for the surge
- Locks and lights matter more when it is dark
- A neighbor knows if you leave

12 Keep a rhythm



- Work by daylight, rest by dark
- One check of the outage map morning and night
- Kids and routines hold the week together

Water, cooking, temperature, light, waste. Solve those five and the week is just long.

pixel-perfect-view-95748.lovable.app/guides/a-week-without-power