

Blackout Ready for 72+ Hours

A calm, practical playbook for apartments and normal homes.

Clear, no-panic steps to prepare for blackouts lasting 72 hours or longer.

- **The first 10 minutes — no guesswork.**
- **Water + lighting plan that actually works.**
- **Pantry meals that don't feel like punishment.**

Built for families, pets, small spaces, and beginners.

Prepare one brik at a time • briksurvival.com

● CONTENTS

Day 0 — First 10 minutes

Water

Food

Light and power

Comms

Comfort

Safety

Quicklists

● DAY 0

The first 10 minutes

Do these in order. They buy you time, water, and safety.

- **Confirm the outage.** Check a hallway light or text a neighbor. If it's just you, flip breakers first.
- **Fill water fast.** Fill bathtubs or a tub bladder now. Pressure can drop within hours.
- **Shut the fridge and freezer.** Keep them closed. Every peek burns cold time.
- **Unplug big appliances.** AC, microwave, TV, PC. Prevents surge damage later.
- **Set one light station.** Lanterns, flashlights, batteries on one table.
- **Phones to low power.** Battery saver on. Brightness low. Close apps.
- **Quick hazard sweep.** Stove off. Candles away from curtains. Clear trip hazards.
- **Family roles.** Kids stay in one room. Adults handle water and info. Pets leashed if doors open.

● QUICK START

What matters most

If you only remember one thing, remember this order.

- **Water first.** You can't think or function without it.
- **Food second.** Shelf-stable, simple, no cooking needed.
- **Light and power third.** One room, one lantern, conserve batteries.
- **Info fourth.** Radio updates beat rumors and doom scrolling.
- **Comfort and safety last.** Stay calm, stay home, stay steady.

● TIMELINE

0 to 72 hours

0-4 HOURS

- Fill tub or containers
- Fridge closed, unplug big loads
- Set light station
- Check on family and pets

4-24 HOURS

- Portion water by day
- Eat fridge food first
- Charge phone and radio only
- Get one good update window

24-72 HOURS

- Shift to pantry meals
- Rotate batteries and power banks
- Sanitation plan if water drops
- Keep routines calm

WATER

Enough for 3 days

You need about **1 gallon per person per day**. Half for drinking, half for basic hygiene.

- **Fill first.** Bathtub or tub bladder. Don't wait for a warning.
- **Back-up containers.** Bottled water, pantry jugs, sports bottles, clean pots.
- **Apartment taps.** Many buildings have maintenance spigots. Ask staff before pressure dies.
- **Reuse smart.** Hand-washing water can flush toilets. Same with dish rinse water.
- **Rotation rule.** Mark bottles with a date. Swap every 6–12 months.

Quick math

1 person = 3 gallons for 3 days. 2 people = 6 gallons. Add a little extra for pets.

Where to get more

- **Water heater:** usually 30–50 gallons. Use only if clean and power is off.
- **Pipes:** if pressure is on, fill every clean container now.
- **Ice:** freezer ice melts into drinking water.

Ration + conserve

- Set aside Day 1, Day 2, Day 3 bottles first.
- Keep drinking water cool and shaded.
- Sanitizer first, then small washes. Reuse rinse water for flushing.
- Medium dog: about 0.5–1 gallon per day.

 FOOD

No-power meals

Aim for shelf-stable food you already like.

Cold food wins

- Canned meals, tuna, chicken, beans
- Peanut butter, trail mix, protein bars
- Oats, crackers, tortillas
- Fruit cups, applesauce

Hot food if you can

- Small propane/butane stove
- Instant soups, ramen, rice cups
- Boil water once, use it twice

Never cook indoors with charcoal, grills, or generators. Carbon monoxide kills quietly.

Fridge rule

Unopened fridge stays safe about 4 hours. A full freezer stays safe 24–48 hours. When in doubt, toss it.

● FOOD SAFETY

Fridge and freezer calls

EAT IN THIS ORDER

- Freezer items first
- Then fridge perishables
- Then pantry staples

TOSS RULE

- Fridge over 4 hours warm
- Meat or dairy smells off
- If you're unsure, toss it

● LIGHT AND POWER

Stretch your batteries

- **Lanterns over flashlights.** One lantern lights a room.
- **Task lighting.** Light the table, not the house.
- **Charge priority.** Phone, then radio, then power bank.
- **Car charging.** Car stays outside. Ten minutes idle can refill basics.
- **Generator safety.** Outdoors only. Far from windows.
- **Night profile.** Keep lights low after dark.

● COMMS

Stay informed without noise

- **Overloaded vs down.** If texts sometimes go through, it's overload. If nothing works, assume towers are down.
- **Use radio early.** NOAA/AM/FM gives updates when phones don't.
- **Family check-ins.** Set windows, not constant texting. Example: 9am and 6pm.
- **Share less.** Don't broadcast your supplies or plans.

Write your key stations here: _____

 COMFORT

Cold or heat basics

If it's cold

- Pick one room and close the rest.
- Wear layers. Keep feet and head warm.
- Blanket fort for kids.
- Boil water. Place pots near you.

If it's hot

- Close blinds and drapes early.
- Cross-vent windows on opposite sides.
- Wet cloth on neck and wrists.
- Drink on schedule.

 SANITATION

Stay clean, avoid problems

- Trash bags ready for spoiled food and waste.
- Baby wipes or rinse-free wash for daily cleaning.
- If water pressure drops, switch to a bucket toilet plan.
- Bag fridge spoilage fast to prevent smell and pests.

● SAFETY

Stay steady, stay low-drama

- **Check on people.** Elderly neighbors, families with babies, anyone alone.
- **Lock basics.** Windows, balcony doors, vehicles.
- **Fire safety.** One candle per room max. Never sleep with a flame on.
- **Rumor filter.** If you can't verify it, ignore it.
- **Smoke and CO alarms.** Batteries good before night.
- **CO rule.** Never run grills, generators, or gas stoves indoors or on enclosed balconies.
- **Trip-hazard sweep.** Keep one clear path to the bathroom and exits. Tape down loose cords.
- **Food temp safety.** If the fridge is warm for 4+ hours, toss meat/dairy unless it stayed cold in a cooler.
- **Light discipline.** Use the same few rooms at night. One light station beats scattered candles.
- **Door policy.** Don't prop doors open "for airflow." If you need air, open a screened window instead.
- **Kids and pets zone.** Pick one safe room with snacks, water, and quiet activities.
- **Phone power discipline.** Low-power mode on. Text over calls. Charge only when needed.

● **QUICKLISTS**

Print and keep handy

Short checklists to follow under stress.

First 10 minutes

- Confirm outage (neighbor / breaker)
- Fill tub or bladder
- Fridge/freezer closed
- Unplug big appliances
- Light station set
- Phones to low power

Water

- 1 gal per person per day
- Fill containers early
- Know building taps
- Reuse wash water for toilets
- Date bottles for rotation

Food

- Shelf-stable meals ready
- Small stove + fuel
- Eat freezer then fridge
- No fridge peeking
- Trash bag for spoilage

Light and power

- Lanterns in main room
- Power banks topped
- Charge phone, radio, bank
- Car charging plan
- Lights low at night

Safety

- Doors/windows locked
- One-room living setup
- Candle rules followed
- CO/smoke alarms OK
- Check on neighbors

Pets and meds

- 3 days pet food/water
- Leash by the door
- Meds in one bag
- Cooling/warming needs
- Vet contacts written

● AFTERWARD

When power comes back

- Reset breakers one at a time.
- Charge phones, radios, power banks right away.
- Restock water and pantry items you used.
- Check fridge temps and toss questionable food.
- Write down what you ran out of.

● NOTES

Your local plan

Fill this in before you need it.

- **Emergency contacts:** _____
- **Out-of-area contact:** _____
- **Building staff / maintenance:** _____
- **Nearest open store / gas:** _____
- **Radio stations:** _____
- **Backup meeting spot:** _____
- **Notes:** _____
- **More notes:** _____

What ran out last time?

Write it here so your next outage is easier: _____

Start where you are. Use what you have. Prepare one brik at a time. • briksurvival.com