

Power Outage Survival Kit Must-Haves

1. Light and Visibility Essentials

Your kit should include multiple sources of battery-powered light, not just one flashlight you hope still works. Flashlights are great for focused beams, but headlamps offer hands-free lighting, which can be invaluable when multitasking. LED lanterns are ideal for illuminating entire rooms.



2. Backup Power and Communication

Every power outage kit should include portable phone chargers that are fully charged and ready to go. Solar-powered chargers or battery banks with high capacity are ideal. They're your phone's bodyguards, always on duty to keep it alive. Battery banks can keep your phone going for multiple cycles and even power small devices like radios or lanterns.



3. Food, Water, and Cooking Supplies

During a prolonged outage, food security quickly becomes a concern. Many meals can spoil or become impossible to prepare without refrigeration or an electric stove. That's why your kit should include non-perishable food items that don't require heating or can be cooked with minimal fuel.



4. Temperature Control and Personal Comfort

Pack thermal blankets, warm clothing layers, and chemical hand warmers for cold weather. Mylar blankets are compact and surprisingly effective at retaining body heat. In hot weather, focus on staying cool and hydrated. Battery-powered fans, cooling towels, and breathable clothing can all help you manage rising temperatures.

5. Hygiene and First Aid Supplies

Power outages often disrupt not just your lights and fridge, but your plumbing as well. That's why hygiene and basic medical care must be part of your survival kit. Your kit should include power outage supplies like: alcohol-based hand sanitizer, wet wipes, trash, toothbrushes, toothpaste, and medications.

