THE SEVEN BASES CHECKLIST

Seven bases. One standard. Your home base.

BASE STATUS
____ OF 7
squared away

1 POWER

- [ ] I know which appliances matter most and how many watts they use.
- [ ] Phones and lights have backup power that does not need the grid.
- [ ] A generator, if I have one, runs outside only, at least 20 feet from the house, with carbon monoxide alarms inside.
- [ ] Anyone who relies on a medical device has a power plan.

2 WATER

- [ ] One gallon per person per day for several days, plus water for pets.
- [ ] I know how to make water safe: boil for 1 minute, or 3 minutes above 6,500 feet.
- [ ] My water containers are clean and sealed.

3 FOOD

- [ ] Several days of food that needs no cooking, and a manual can opener.
- [ ] Thermometers in the fridge (40°F or below) and the freezer (0°F or below).
- [ ] A cooler and an ice plan for outages longer than 4 hours.

4 LIGHT

- [ ] A flashlight or headlamp for every person.
- [ ] Spare batteries, or a way to recharge.
- [ ] A lantern for the main room. No candles.

5 HEAT AND COOLING

- [ ] I know where the nearest cooling or warming center is.
- [ ] Blankets and layers, and battery fans for heat.
- [ ] Nothing that burns fuel runs indoors: no grill, stove or generator.

6 COMMUNICATION

- [ ] Our family plan is written down, with a copy in every bag.
- [ ] Text first. Save calls for emergencies.
- [ ] Wireless Emergency Alerts are on, and I have a battery or hand-crank radio.

7 FIRST AID

- [ ] My kit follows the Red Cross checklist and nothing is expired.
- [ ] I have a list of medicines, doses and prescribers.
- [ ] I know who to ask about refills and medicines that need to stay cold.

NUMBERS TO REMEMBER

1 gallon	of water per person per day, for several days
4 hours	a closed fridge keeps food cold
48 hours	a full, closed freezer (24 if half full)
20 feet	minimum distance for a generator from the house
1 minute	rolling boil to make water safe (3 above 6,500 ft)

General readiness information, not professional advice. Follow your local officials in an emergency.

DURING AND AFTER

What to do when the power goes out, and when it comes back.

WHEN THE POWER GOES OUT

- [ ] Keep the fridge and freezer doors closed.
- [ ] Use flashlights or lanterns, not open flames.
- [ ] Stay away from downed power lines.
- [ ] Run generators outside only, at least 20 feet from the house. Never in a garage.
- [ ] Check on neighbors who need help.

AFTER IT COMES BACK

- [ ] Check food: throw out refrigerated perishables that went over 4 hours without cold.
- [ ] A freezer item with ice crystals can often be refrozen. When in doubt, throw it out.
- [ ] Refill water containers and recharge devices.
- [ ] Restock what you used.
- [ ] Write down one thing to do better next time.

MY FAMILY PLAN

Fill it in, copy it for every bag, and keep one by the phone. Text first, calls for emergencies.

Meeting place near home _____

Meeting place outside my area _____

Out-of-town contact (name and number) _____

My utility's outage number _____

Nearest cooling or warming center _____

Medicines and who prescribes them _____

SOURCES

Ready.gov (kit, power outages, make a plan). FoodSafety.gov and USDA (food in a power outage). CDC (making water safe, power outage safety). CPSC (generator and carbon monoxide safety). American Red Cross (first aid kit). Links are on each base page at sevenbases.com.

NOTES