

With severe winter weather in the forecast, it's important to take some time now to be sure you're prepared. Here's a list of items to have on hand before the storm begins.

Check your food and water supplies

- ✓ Water—at least a three-day supply; one gallon per person, per day
- ✓ Food—at least a three-day supply of non-perishable, high-energy, easy-to-prepare foods
- ✓ Baby formula and food
- ✓ Pet food

Tip #1

Set your refrigerator and freezer to the coldest settings in case the power goes out.

Prep your heating and lighting sources

- ✓ Have on hand extra blankets to stay warm
- ✓ Generator, and gas to run for 24+ hours
- ✓ Candles
- ✓ Flashlights and extra batteries
- ✓ Check your alternate heating methods, such as fireplaces or wood- or coal-burning stoves
- ✓ Fire extinguisher

Tip #2

Never use a generator inside and be sure it's placed outside where exhaust fumes can't enter through windows, doors or cracks. Always take [safety precautions](#).

Be smart about electronics

- ✓ Fully charge your cell phones, tablets, etc.
- ✓ Find your battery-powered or hand-crank radio
- ✓ Have extra batteries on hand

Tip #3

Tempted to play games on your phone during the storm? Save the charge in case there's an emergency.

Be ready to clear snow and ice

- ✓ Shovels and tools for clearing snow and ice
- ✓ Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
- ✓ Snow blower gassed (start it to ensure it's ready)

Tip #4

A roof rake that can be used to remove snow from your roof can help prevent structural and water damage to your home.

Check medical and personal hygiene supplies

- ✓ Medications – have at least a seven-day supply
- ✓ Medical items - hearing aids with extra batteries, glasses, contact lenses, syringes, etc.
- ✓ Sanitation and personal hygiene items
- ✓ Baby diapers and wipes
- ✓ First aid kit

Tip #5

If you are low on medications, visit your pharmacy to ensure you have enough for one week. And, don't forget hand sanitizer.

Keep important information and extra money handy

- ✓ Family and emergency contact information
- ✓ Local emergency contacts
- ✓ Copies of personal documents
- ✓ Extra cash - in case there is no power (no ATM)

Tip #6

Be sure to have the phone numbers of your independent insurance agent and insurance company should you need to file a claim.

Sources: Red Cross, National Fire Protection Association, The Hanover Risk Management