

Five-Day Winter Heating Emergency Preparedness Worksheet

Prepping Communities | Printable household assessment

Use this worksheet before winter to test whether your household can safely manage a five-day loss of electricity and normal heating. This is a planning exercise, not a recommendation to deliberately cool your home or use a camp stove indoors. Ordinary camping stoves belong outdoors; they are not indoor heaters.

Household / location:

Assessment date: Household members / special warmth or medical needs:

1. What happens if heat stops?

Normal heating source and what stops working during an outage:

Safe, approved backup heating (if any) and its limitations:

Main occupied room, thermometer location, and how temperatures will be monitored:

2. Emergency cooking and water

Outdoor stove / approved fuel / safe location / local restrictions:

Meals and water-heating tasks that can be completed without electricity:

Ready-to-eat meals and safe drinking water if outdoor cooking is impossible:

3. Fuel inventory and five-day calculation

Measure consumption during a safe practice session. Use the same units for quantity and daily use. Days available = usable quantity ÷ daily use. Record a reserve separately; do not count it twice.

Fuel / approved appliance	Usable quantity (units)	Daily use (same units/day)	Days available
Wood / _____	_____	_____	_____
Propane / _____	_____	_____	_____
Other / _____	_____	_____	_____

Fuel reserve, storage condition, and what happens if fuel is damp, unavailable, or depleted:

4. Electricity and warmth

Battery / generator capacity, essential loads, estimated runtime, and recharge or fuel plan:

Winter clothing, insulated bedding, sleeping pads, hot-water bottles, and gaps for each person:

5. Alternative heated shelter

Heated destination, contact details, permission/availability, and backup destination:

Travel route, road/weather trigger to leave early, transport and supplies to take:

Do not wait for severe cold illness. Confusion, poor coordination, slurred speech, or unusual drowsiness can indicate hypothermia; seek urgent medical help. Follow local emergency guidance if travel is unsafe.

6. Five-day scenario: write what you would do

Assume winter conditions remain below freezing and the household heating system is unavailable. For each day, note the indoor conditions, food/water plan, fuel/electricity remaining, and the decision to stay or relocate.

Day	Conditions and decisions
1 — Outage begins	

Day	Conditions and decisions
2 — House cools	
3 — Stove unusable (wind / damage)	
4 — Fuel runs low	
5 — Indoor conditions may be unsafe	

7. What did the test reveal?

What worked reliably:

What failed, was missing, or depended on favorable weather:

Choose the three most important corrections. Prioritize safe shelter, vulnerable household members, medical needs, drinking water, and reliable access to food before conveniences.

Priority	Improvement / owner	Target date	Verified complete
1			[]
2			[]
3			[]

Next review date and how you will retest the corrections:

Preparedness question: If heat failed tonight for five days, and the stove could not be used, could everyone remain safe or relocate early? If not, address that gap first.