01 | Emergency Bedding and Clothing

Inventory & Readiness Assessment

Could your household stay warm during an extended winter power outage?

Printable preparedness planning tools. Record actual usable equipment, not simply items owned. Unknown or untested capability is a gap. Suggested quantities are planning starting points, not safety guarantees. Never deliberately expose people to dangerous cold to test equipment.

Household record	Details
Owner / household	
Assessment date	
Next review date	
Target duration (72 hours / 7 / 14 days)	
Primary sleeping room	
Alternative heated accommodation	
Emergency contact	

Observations / corrective actions

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02 | Household needs

Identify individual needs, including infants, older adults, disability, medical needs and pets. Record local winter conditions and a safe relocation option.

Person / pet	Age / size	Cold vulnerability / needs	Assigned equipment

Observations / corrective actions

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03 | Base layers

Targets are per person unless specified. Keep dedicated sleeping layers dry.

Equipment / supply	Target	Usable	Gap	Condition / location
Thermal shirts	3			
Thermal leggings	3			
Wicking shirts	3			
Underwear	5–7			
Thermal socks (pairs)	5–7			
Sock liners (pairs)	2–3			
Dry sleeping sets	2			
Spare base sets	1–2			

Observations / corrective actions

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04 | Insulating layers

Check fit, loft, damage and compatibility with outer layers.

Equipment / supply	Target	Usable	Gap	Condition / location
Fleece jackets	2			
Wool sweaters	1–2			
Insulated vest	1			
Warm indoor trousers	2			
Fleece trousers	1–2			
Insulated outdoor trousers	1			
Winter jacket	1			
Spare insulating garment	1			

Observations / corrective actions

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05 | Weather protection

One garment may meet several functions; do not double-count it as a spare.

Equipment / supply	Target	Usable	Gap	Condition / location
Wind-resistant jacket	1			
Waterproof jacket	1			
Waterproof trousers	1			
Winter parka	1			
Snow trousers / bibs	1			
Emergency rainwear	1			
Gaiters (pairs)	1			

Observations / corrective actions

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06 | Head, hands and neck

Check fit and keep dry replacements accessible.

Equipment / supply	Target	Usable	Gap	Condition / location
Winter hats	2			
Balaclavas	1–2			
Neck gaiters	2			
Scarves	1–2			
Insulated gloves (pairs)	2			
Mittens (pairs)	1–2			
Waterproof shells (pairs)	1			
Glove liners (pairs)	2			

Observations / corrective actions

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07 | Footwear

Allow room for socks and circulation; check children’s sizes.

Equipment / supply	Target	Usable	Gap	Condition / location
Insulated boots	1 pair			
Spare boot liners	1 pair			
Indoor slippers	1 pair			
Spare footwear	1 pair			
Ice traction aids	1 pair			
Drying rack	Household			
Boot repair supplies	Household			

Observations / corrective actions

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08 | Bedding

Use appropriate infant safe-sleep equipment, never loose blankets or adult sleeping bags for infants.

Equipment / supply	Target	Usable	Gap	Condition / location
Wool blankets	1–2/person			
Fleece blankets	1–2/person			
Duvets	1/person			
Thermal sheets	1–2/bed			
Sleeping bag liners	1/bag			
Sleeping bags	1/person			
Spare blankets	1–2/home			
Reflective blankets	1–2/person			
Spare dry bedding	1 set/home			

Observations / corrective actions

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09 | Sleeping bag suitability

Record comfort rating, not extreme survival rating. Ratings are not guarantees and depend on the complete sleeping system.

Assigned person	Type / size	Comfort rating	Condition	Suitable?

Observations / corrective actions

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10 | Sleeping surface insulation

Insulate beneath sleepers. Uninsulated air mattresses are not automatically suitable for cold conditions.

Equipment / supply	Target	Usable	Gap	Condition / location
Insulated sleeping mats	1/person			
Closed-cell foam mats	As needed			
Insulated inflatable pads	As needed			
Mattresses	1/person			
Cots with insulation	As needed			
Rugs / floor coverings	As needed			
Pad repair kits	1/type			
Manual pump	1/type			
Moisture barrier	As needed			

Observations / corrective actions

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11 | Moisture and storage

Keep equipment dry, ventilate safely and rotate clothing. Never dry items against heaters or open flames.

Equipment / supply	Target	Usable	Gap	Condition / location
Waterproof storage bins	As needed			
Dry bags	As needed			
Laundry bags	2/home			
Drying rack / line	1/home			
Manual laundry basin	1/home			
Detergent	14-day target			
Repair kit	1/home			
Spare fasteners / patches	As needed			

Observations / corrective actions

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12 | Vulnerable household members

Use fitted infant sleepwear, age-appropriate clothing and individual medical guidance. Do not use adult sleeping bags for infants.

Equipment / supply	Target	Usable	Gap	Condition / location
Infant sleep sacks	As needed			
Child winter clothing	By size			
Adaptive clothing	As needed			
Easy-fastening garments	As needed			
Extra dry clothing	As needed			
Pet bedding	1/pet			
Pet carrier / coat	As needed			

Observations / corrective actions

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13 | Warm room and safety

Choose a dry room with safe exits and ventilation. Never use grills, outdoor heaters, generators or ovens for indoor heating. Use only approved indoor heating equipment as directed.

Safety check	Verified?	Action / location
Working smoke alarms		
Working battery CO alarms		
Safe heating and clearances		
Indoor thermometer		
Unobstructed exits		
Ventilation maintained		
Dry sleeping surfaces		
Heated relocation destination		
Transport / assistance arranged		

Observations / corrective actions

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14 | Individual equipment allocation

Assign each person a complete system. Do not count shared items twice.

Person	Dry layers	Outerwear / boots	Bedding / mat	Gap

Observations / corrective actions

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15 | Safe equipment verification

Test fit, accessibility and equipment function in normal safe conditions. Stop any exercise if anyone becomes cold or uncomfortable.

Verification task	Pass / gap	Date / action
Clothing fits with layers		
Boots fit with thermal socks		
Zippers and closures work		
Sleeping bag rating checked		
Sleeping pad holds air		
Dry spare clothing accessible		
Bedding dry and undamaged		
Alarms tested		
Relocation plan confirmed		

Observations / corrective actions

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16 | Day 1–3 monitoring log

For actual outages or safe planning exercises. Record indoor temperature and occupant condition; relocate before conditions become unsafe. Do not wait for a scheduled review if anyone is at risk.

Day / time	Room temp.	Dry supplies / heat	Occupant condition	Action
1				
2				
3				

Observations / corrective actions

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17 | Day 4–7 monitoring log

For actual outages or safe planning exercises. Record indoor temperature and occupant condition; relocate before conditions become unsafe. Do not wait for a scheduled review if anyone is at risk.

Day / time	Room temp.	Dry supplies / heat	Occupant condition	Action
4				
5				
6				
7				

Observations / corrective actions

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18 | Day 8–14 monitoring log

For actual outages or safe planning exercises. Record indoor temperature and occupant condition; relocate before conditions become unsafe. Do not wait for a scheduled review if anyone is at risk.

Day / time	Room temp.	Dry supplies / heat	Occupant condition	Action
8				
9				
10				
11				
12				
13				
14				

Observations / corrective actions

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19 | Readiness scoring

Score each item: 0 = missing, unsafe or unknown; 1 = partial; 2 = adequate and verified. Maximum 28. A high score never overrides a critical safety gap.

Capability (1–7)	Score 0–2	Evidence / gap
All people have suitable dry base layers		
Insulating layers fit and are adequate		
Weatherproof clothing and footwear fit		
Head and hand protection available		
Dry sleeping clothes and replacements		
Bedding assigned to every person		
Sleeping bag suitability verified		

Observations / corrective actions

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20 | Readiness scoring continued

0–10: critical gaps; 11–17: developing; 18–23: substantially prepared; 24–28: strong inventory readiness. These are planning bands, not validated survival predictions.

Capability (8–14)	Score 0–2	Evidence / gap
Insulation beneath every sleeper		
Moisture management and storage		
Vulnerable people and pets accommodated		
Safe warm room, alarms and exits		
Temperature monitoring and cold injury awareness		
Independent safe heat or heated relocation		
Equipment checked and plan rehearsed		
TOTAL (both pages)		/ 28

Observations / corrective actions

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21 | Critical safety and relocation

Confusion, slurred speech, unusual drowsiness, clumsiness or severe shivering may indicate hypothermia. Seek emergency medical help, move to warmth, remove wet clothing and insulate gently. Do not rub cold limbs or apply intense direct heat.

Decision / trigger	Household plan
Heating cannot maintain safe conditions	
Vulnerable occupant becoming cold	
Bedding or clothing cannot stay dry	
CO alarm or unsafe heating	
Transport / route to heated shelter	
Who assists children / dependents	
Emergency contact / local services	

Observations / corrective actions

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22 | Preparedness action plan

Prioritize life safety, fit, dry clothing, complete sleeping systems and relocation before optional purchases.

Gap / corrective action	Priority	Owner	Due date	Complete

Observations / corrective actions

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23 | Budget and procurement

Use existing suitable supplies first. Record realistic costs in your local currency and avoid unnecessary duplication.

Item / improvement	Qty	Estimated cost	Actual cost	Source

Observations / corrective actions

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24 | Review and key takeaways

Warmth is a system: dry layers, insulation above and below, safe shelter, monitoring and timely relocation. Review before winter, after use and whenever household needs change.

Review task	Date / result
Inventory updated	
Sizes checked	
Bedding cleaned and dried	
Sleeping equipment inspected	
Safety alarms tested	
Relocation contact confirmed	
Action plan reviewed	
Next review scheduled	

Observations / corrective actions

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25 | Material suitability

Assess actual garment construction, fit and moisture performance. Material alone does not determine warmth.

Material / use	Key consideration	Verified / gap
Merino / base layers	Moisture management	
Wool / blankets	Heavy; slow drying	
Fleece / mid-layer	Quick drying; wind protection needed	
Down / bedding	Protect loft from moisture	
Synthetic insulation	Generally tolerates damp better	
Cotton / indoor wear	Avoid wet cold exposure	
Reflective blanket	Supplement only	
Closed-cell foam	Insulation under sleeper	

Corrective actions / notes: _____

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26 | Common mistakes audit

Mark any deficiency and assign a corrective action. Critical safety gaps override the overall score.

Potential gap	Action / owner	Due
Summer-rated sleeping bags		
No insulation under sleepers		
Wet sleeping clothing		
Electric-only bedding		
Poor footwear fit		
Compressed or damaged insulation		
Unsafe drying or heating		
No temperature monitoring		
Vulnerable occupants not protected		
No safe relocation option		

Corrective actions / notes: _____

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27 | Seven-day scenario exercise

Tabletop exercise only. Never deliberately cool a home or expose occupants to cold. Relocate earlier whenever conditions require it.

Day / scenario	Household response	Gap / lesson
1: Heating stops		
2: Indoor temperature falls		
3: Clothing becomes damp		
4: Fuel reserve declines		
5: Relocation needed		
6: Temporary accommodation		
7: Safe return and recovery		

Corrective actions / notes: _____

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28 | Prioritized purchasing plan

Use existing suitable equipment first. Prioritize safe heating or relocation, alarms, vulnerable occupants, dry clothing and bedding before optional warming gadgets.

Gap / item	Priority	Cost	Due / owner

Corrective actions / notes: _____

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29 | Skills and safety review

Review these capabilities annually. Suspected hypothermia requires emergency medical assistance. A cold home is not made safe by an inventory score.

Skill	Verified	Further practice
Select and adjust clothing layers		
Interpret sleeping bag comfort rating		
Insulate beneath sleepers		
Allocate individual dry clothing		
Manage moisture without electricity		
Recognize cold injury warning signs		
Monitor temperatures and fuel		
Arrange early heated relocation		
Inspect and repair equipment		

Corrective actions / notes: _____

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References: WHO Housing and Health Guidelines (2018); CDC Winter Weather Safety; CDC Power Outage Safety. Follow local emergency and medical guidance.