1. **Have Plenty of Food**
   * Keep a 3- to 5-day supply of drinking water in plastic bottles. Plan on at least 1 gallon of water per person, per day.
   * Store a manual can opener with enough nonperishable foods for 3 to 5 days. Canned meats, tuna fish and peanut butter are good foods to store. Don’t forget pet foods!
   * Conserve water by using paper plates and plastic utensils.
   * Have a camp stove or grill for outdoor cooking.
2. **Stay in Touch**
   * Have a portable, battery-powered radio and alarm clock.
   * Have one non-portable phone that will work even if power is interrupted.
   * Plan where to meet and how to communicate with family members if separated.
   * Keep essential family member contact information near your phone, in your wallet, and in your glove compartment.
3. **Keep Things Going**
   * Keep plenty of gas in your car.
   * Keep extra batteries, matches, propane, charcoal and firewood.
4. **Stay Happy, Healthy and Warm** 
   * Coordinate with neighbors for care of the elderly and disabled living alone.
   * Maintain a supply of prescriptions, nonprescription drugs, vitamins and special dietary foods.
   * Playing cards, books, drawing and writing supplies, and board games help pass the time. If you have a video camera and tapes, your family can make a storm documentary.
   * Keep sanitary and personal hygiene supplies replenished. Premoistened cleansing towelettes are useful and help conserve water.
   * Use plastic trash bags and ties for garbage.
   * Put first-aid kits in your home and car.
   * Make sure you have cold weather clothing, foul weather gear, blankets and sleeping bags.
   * Consider purchasing alternative UL-approved heating devices. For example, a fireplace insert, or woodstove will keep the heat in your home instead of up the chimney.
   * Use flashlights and other battery-operated lighting instead of candles.
   * Keep fire extinguishers fully charged.
   * Fill your bathtub with water for bathroom use before the storm (if you have a well).