

Natural Disaster Kit: Blizzard

Blizzards can trap you at home or in your car for days. Power failures, blocked roads, and extreme cold require a kit tailored to winter conditions. Use this checklist to stay warm, fed, and informed when winter shuts everything down.

Warmth & Insulation

- Wool or fleece blankets and cold-rated sleeping bags
- Winter gloves, hats, scarves, and socks
- Mylar emergency blankets
- Hand warmers and hot packs

Food & Water

- Non-perishable food (3+ day supply)
- Bottled water (1 gallon/person/day)
- Thermos and hot beverage mixes
- Manual can opener

Lighting & Power

- Flashlights or lanterns (battery, solar, or crank)
- Extra batteries and power banks
- Solar charger or backup generator (ventilated use only)

Health & Sanitation

- Basic first aid kit with cold medicine
- Moist towelettes and hand sanitizer
- Toilet paper, plastic bags, and bucket toilet (if needed)

Communication & Alerts

- NOAA weather radio (battery or hand-crank)
- Emergency contact list and printed phone numbers
- Charged phone and charging options

Car Kit Additions (if traveling)

- Ice scraper and snow brush
- Small shovel and cat litter or traction mats
- Jumper cables or jump starter
- Snacks, water, blankets stored in the car

Tips & Hints:

Plan for power outages lasting 2–3 days. Check supplies at the start of each winter.

Keep your blizzard kit inside your home and a smaller one in your vehicle.

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