

## **Tips to stay warm if power goes out**

### Layer Your Clothing

Wear thermal underwear, a couple pairs of socks, several shirts, and a hat that covers your ears. This will make it harder for heat to escape and keep you much warmer. Also wear a coat and gloves if you're outside.

### Use Hand Warmers

Put the warmers in your gloves and socks to help keep your hands and feet warm. You will need to replace the warming packs every couple of hours.

### Close Rooms You Won't Be Using

Close the doors of every room you don't have to get to. The more sealed up your house is, the less cold will be able to get in.

### Huddle In One Small Room

Pick a small bedroom (preferably one with as few windows as possible) and have your whole family gather there. Close the door and cover the vents to trap the body heat generated by everyone. If possible, pick a room on the south side of the house so the sun's rays can warm the room naturally. Also, if you're dealing with a wind coming out of the north, you don't want to be on that side of the house.

### Use Duct Tape and Plastic to Cover Windows

If you don't have a roll of plastic, you can use garbage bags. Better yet, use bubble wrap if you have it. The extra insulation will stop drafts from seeping around the smallest cracks in the sill and keep the cold glass from chilling the room.

### Close All The Blinds and Curtains at Night

Once you've covered the windows with plastic, don't forget the curtains. If there's a window without curtains, use a heavy blanket instead. A few nails in the corners of the blankets won't hurt them. Doing this will block drafts as well as stop the cold air from seeping in through the glass. As long as the sun is shining, you can uncover the windows during the day to let warm sunlight in.

### Use Towels to Block Drafts

Roll up towels and place them under doors to block cold drafts from coming in. Put them on window sills as well. You can use pillows, blankets, or even old shirts. Put them anywhere a draft might sneak in.

### Burn Candles (Safely) to Help Generate Heat

Several candles grouped together on a table can provide some warmth and comfort. Just make sure they're not in a place where they could be knocked over.

### Invest in Solar Heaters

These hand devices rely on the sun to heat a house. However, they're much more effective if you use them to warm a single room. Unfortunately, they're pretty expensive. If you don't want to be out a couple thousand dollars, you can buy a single panel and use it to heat one room or a small section of the house.

### Invest in a Wood Stove or Fireplace

Make sure you have plenty of seasoned, dry wood to burn in the stove as well. A wood stove can easily heat an entire home and provide a way to heat food.

### Get a Portable Generator

A large standby generator can be enough to run your furnace, but a portable generator can run a space heater or two. Keep extra fuel on hand for your generator, and NEVER put your generator inside your home. Keep it under a porch or awning to protect it from heavy snow if necessary. DO NOT USE a gas cook stove to heat your home.

### Drink Warm Liquids

Hot coffee, hot chocolate, soup, and tea will keep your body warm from the inside out. Use your candle or camp stove to heat the liquid. Drink hot liquid every hour or so to keep your body temperature up. Avoid drinking cold water, other cold drinks, caffeine and alcohol.

### Pile On The Blankets

Get comfy on the couch and put on several blankets to keep warm. Make sure you keep your head covered as well. Wool blankets are best and provide the most warmth.

### Use Heated Water Bottles

Back in the day, people used heated water bags to keep warm while they sat on the couch or lay in bed. You can do the same by heating up a water bottle and putting it next to your body. Another option is a bag of beans. Put it near your heater or fire (but not too close) until it gets nice and warm, then snuggle up with it.

### Get Some Exercise

Five minutes of jumping jacks or burpees will warm you up really fast. If you have kids, play a game of Simon Says. Not only will this warm up everyone, it will boost morale.

### Put Your Tent Up Indoors

The small, enclosed space will trap in body heat. Burning a candle in the tent will provide more heat (just be careful). If your tent is sturdy enough, add a blanket over the top to help trap the heat inside.

### Pull Out Your Sleeping Bags

Blankets are great during the day, but at night you'll want some sleeping bags to trap in every bit of body heat.