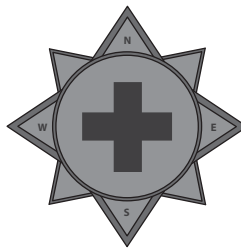


SURVIVING WITHOUT ELECTRICITY

A few hours without electricity, at the right time of the year, can be fun - a break from the norm. Lighting candles and laughing at some mild inconveniences. But we rely so heavily on power that to lose electricity for an extended period can be more than an inconvenience; it could be deadly.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

- Assess your home for power outage preparedness.
- Assess what resources will be knocked out if there is an outage in your area.
- Make a list of items needed and gather emergency supplies into a kit the family can use in case of a major outage.

Preparedness and keeping a level head are going to be key, whether the loss of power is day, night, summer or winter.

- If you are a few days without power, you're going to need to eat. Now, you can survive eating dry pasta and cold canned spinach, I suppose. But having a realistic plan to prepare and cook food without power is a really good decision. If you cook with gas, you'll probably be okay, but it pays to be sure.
- If power fails, will you have water? If you have a well, the answer is probably no. So you need to be prepared with a supply of water. In an emergency, the water in the toilet water tank is clean, as is the water in the water heater.
- Lighting, flashlights, and the like are important. If your household is one where flashlights are simply receptacles for dead batteries, then have a couple of flashlights stored for emergency use only, with spare batteries. It's probably a good idea not to keep the batteries in the flashlight. If they leak, the flashlight will be ruined. Candles and glow sticks are good emergency items also.
- Heat can be a huge concern, depending where in the country you live, and what time of year a disaster happens. Warm clothing will be essential, but having a non-electrical heat source can be a life saver.
- Keeping food fresh. If you have an extended outage the fridge and freezer will start to warm up. Keep the door shut as much as possible, and start eating the most perishable items first.
- Hygiene - in particular toilet flushing. If water is a premium to you, flushing will have to be kept to a minimum. It may even be possible to use the facilities outside of the house. The bear will tell you all about that.

