



# **EXTREME TEMPERATURE**

## **Survival Guide**



# INTRODUCTION



Greetings, my name is Kris, also known as City Prepping, and my involvement in emergency preparedness spans several decades. Over the last several years, I've built a community of over 950,000 subscribers on my [YouTube channel](#). During that time, I've gained a new level of appreciation for being prepared during these times of uncertainty and have learned from the community's insight.

This journey with my community has instilled within me a deep understanding of the significance and wisdom of preparedness. The wealth of insights and responses from this expansive community of like-minded individuals has remarkably enhanced my knowledge and comprehension. I feel compelled to share this knowledge freely with as many people as possible.



Often, people associate prepping with getting ready for an extreme, once in a lifetime event.

However, they tend to overlook planning for more likely minor disasters that could linger and escalate into significant, life-altering events. Our nation's power infrastructure is grappling with age-related challenges. Recent events like the Texas snowmageddon and rolling blackouts across America underscore the grid's vulnerability.

This guide delves into a scenario involving an extended grid outage during extreme hot or cold weather. Let's be honest: our lives heavily rely on electricity, utilities, lighting, and the comforts of Heating, Ventilation, and Air Conditioning (HVAC). While our contemporary constructions are built around these conveniences, the reality is that they are prone to vulnerabilities and failures. When these pillars are absent, our homes can transform from sanctuaries into hazardous spaces, contrary to our desired safe-havens.



In an era where power grid failures are becoming more frequent, preparing for prolonged power outages has never been more crucial. Our reliance on electricity to heat our homes during cold winters and cool them in scorching summers has become a vulnerability. This guide aims to equip you with essential strategies to make your home livable during extended power disruptions during extreme heat or cold periods. Whether you're facing soaring temperatures or freezing conditions, these practical steps will help you maintain a safe and comfortable environment for you and your family.





# WINTER

Every winter, the possibility of a prolonged power outage during extreme cold becomes a genuine concern. Without proper preparation, this scenario can be catastrophic. Whether you're facing an ongoing power outage or planning for the winter season, this guide will provide you with what you need to ensure your safety and comfort.

## MAXIMIZING WARMTH AND COMFORT DURING A WINTER POWER OUTAGE

### Radiate Warmth

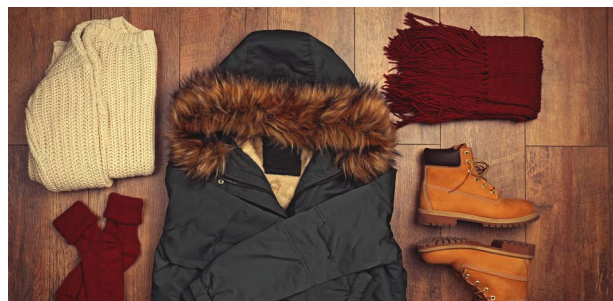
One of the critical strategies for surviving a winter power outage is to maximize radiant heat sources. Hot water bottles, thermoses filled with hot water, and a personal electric heater or blanket plugged into a backup power source (which we'll discuss momentarily) can significantly raise ambient temperatures. Warming water for beverages and using a heating pad can help maintain your average body temperature.

Isolating yourself in a small, sealed room is crucial to preserving heat. Use plastic sheeting and duct tape to seal windows and doors, and place rolled towels at door cracks. Opt for a smaller room as it's easier to warm and maintain. Consider setting up a tent or makeshift fort within this room over something like a tablet, as tents provide insulation and help keep temperatures up. Creating a multiple-layer bed and dressing in layers will further aid in retaining body heat.

### Sealed Small Room with a Tent



### Dress Smarter





Dressing appropriately for extreme cold is essential. Layering clothing with water-wicking base layers, fleece jackets, gloves, mitts, scarves, and insulated boots will help you maintain a balanced temperature. Avoid sweating, as moisture can lead to discomfort and decreased warmth.

### Keep the Water Flowing

Maintaining access to water is crucial. Partially fill sinks, bathtubs, and containers with water as soon as the power goes out. Leave faucets on a slight trickle to prevent freezing. If possible, insulate exposed pipes to prevent them from freezing. Storing warm water in thermoses and hot water bottles helps with core temperature, and a backup water supply is essential.

### Exercise & Diet

Engaging in light exercise upon waking and in the early afternoon can elevate your core temperature. Eating calorie-

dense foods such as fats and starches will help your body generate heat through thermogenesis. Hot beverages and soups also contribute to maintaining body warmth.



### Know Your Resources

Before the cold sets in, identify local warming centers your community offers. Community centers, homeless shelters, places of worship, public libraries, and public buildings may be designated warming centers during extreme cold spells. Understand the resources available to you in case of power loss.

## PLANNING FOR WINTER SURVIVAL

### Food & Water



Stock up on [non-perishable food to last at least three weeks](#). Ensure you have a [way to rehydrate](#) and [cook these foods](#). Consider a [portable camping stove](#) and store water in a warm room (preferably the one you're sheltering in) to prevent freezing.

### Create A Safe Space

If you have a fireplace, ensure it's ready for use before cold weather. Duraflame

logs and charcoal briquettes can provide continuous burning for warmth. During the warmer months, insulate pipes and repair any drafts you can find.

### Safety

Before anything else, ensure your safety. Many will use fires from candles or old heating units that may no longer be safe. Have a battery-operated [carbon monoxide sensor alarm](#) and a [decent-sized fire extinguisher](#). Consider your neighbors and the impact they may have on you (since you live in such close proximity) if you live in an apartment.

## Warmth



Seal windows and create a vapor lock using plastic sheeting and duct tape. Use sleeping bags, blankets, and electric blankets for warmth. Set up a small tent or makeshift fort in your designated room to insulate and contain heat. A [Mr. Heater Buddy](#) is a very popular option for an indoor heater. If you do use one of these, make sure you have proper ventilation and a [battery operated carbon monoxide alarm](#). Avoid DIY heaters involving open flames such as a terra-cotta heater (we don't recommend them) as any potential advantage does not outweigh the risk.

## Lighting



Have LED headlamps, lanterns, and flashlights. Consider alternatives to open flames for safety.

## Cooking

A clean [fuel camping stove](#) is essential for cooking. Prioritize warming and easy-to-cook foods like canned soups and chili. Utilize fireplaces, [thermal cookers](#), or [solar cookers](#) for heating and cooking. Make sure you have a safe source of fuel.

## Water

Store water in containers and bring them to your heated area to prevent freezing.

Some containers can be stacked to form an [insulative barrier](#). Even in cold weather, hydration is crucial. Drink warm liquids and maintain a water supply. Avoid alcohol, as it can dehydrate you.



## Communication

A small [emergency radio](#) is vital for staying informed. Ideally purchase one with a hand crank to allow you to plug in your cell phone to charge it.

## Power

Consider investing in [small solar panels](#) for electronics and a [solar generator](#) setup for power. Have [extension cords with splitters](#) for power distribution. How much power do you need? [I cover that here.](#)

## Damage Prevention

Cover outdoor faucets and allow indoor faucets to drip to prevent freezing. Consider shutting off water to the house and draining pipes in extreme cold.



## When the Power Goes Out

Designate a room for shelter and start sealing it off. Close off rooms that will remain unused. [Maintain sanitation](#) and check on neighbors for safety.

For more information, watch our video, [“How to survive a winter power outage and stay warm”](#).

# SUMMER

The potential for extended power outages during extreme heat becomes a real worry every summer. Without appropriate preparation, this situation can lead to severe consequences. Whether you're confronted with a continuous power outage or preparing for the summer season, this information will equip you with the essentials to guarantee your safety and well-being.

## MAXIMIZING STAYING COOL DURING A SUMMER POWER OUTAGE

### Staying in the Shade



When the sun's intensity peaks, seeking shade becomes your ally. Close windows and blinds during the day to keep out heat. Position fans strategically to pull cool air indoors when cooler air is available. Find the coolest room, preferably on the lower level, and prepare to stay in this area. Keep doors closed to hotter rooms to maintain a temperature-stable environment.

### Illumination without the Heat

Even during heat waves, you need

a light source for safety. Traditional candles and heat-emitting sources are not recommended (their fire safety risk outweigh their benefits in most scenarios). Opt for glow sticks, LED lights, or [electric lanterns](#). These sources produce minimal heat and offer sufficient illumination. Regularly check and maintain batteries in your light sources to ensure they're ready when needed.

### Promoting Air Circulation





Air circulation aids in even temperature distribution and provides a cooling effect by encouraging sweat evaporation. Fans are indispensable during a heatwave (if you have a backup power source). Battery-operated personal fans and [handheld misters](#) can keep you cool. If possible, run fans using backup power sources or solar panels. Placing frozen water bottles in front of fans can enhance the cooling effect.

### Cooling Alternatives

With air conditioning units down during power outages, consider cooling alternatives. [Evaporative air cooler fans](#) or ice can provide localized cooling. Portable air conditioners are effective but require a substantial amount of power requiring a gas or solar generator. [Solar generators](#) offer an “infinite” energy source (as long as you have solar panels and ample sun) to run fans and other cooling systems when paired with solar panels, but they’re not cheap. Evaluate your needs and choose the best cooling solution for your situation.

### Dress Smarter

Opt for lightweight, breathable fabrics in light colors. Microfiber cooling towels and loose-fitting clothes will help regulate body temperature. Go topless, if you can, to keep your core area cooler.

### Temperature Management



As night falls, assess outdoor temperatures. If it is cooler outside, open windows and doors to ventilate your home and release trapped heat. If

you’ve got a power source, position fans strategically to create cross-ventilation. Conversely, shut windows and draw curtains to retain coolness before outdoor temperatures rise again.

### Embrace Rest and Relaxation

In extreme conditions, conserving energy is paramount. Avoid strenuous activities that generate body heat, especially during the peak heat of the day (this is why in some countries, people rest during the afternoon (aka [siesta](#)). Opt for relaxation and save energy. Cooking should be minimized as it raises indoor temperatures. Opt for no-cook or quickly warmed foods. Hot foods require the body to expend slightly more calories than cold food.

### Hydrotherapy



Water is your ally against heat. Soak in cool baths or showers for a cooling effect. Stay hydrated with water, coconut water, or hydrating fluids. If the humidity is medium to low, use a mister to spritz yourself. Run water over your pulse points.

### Know Cooling Centers

Identify local cooling centers like malls, hospitals, or community buildings during heatwaves. Seek natural shade in parks with trees or bodies of water.

Watch our video, [“How to survive a summer power outage and stay cool”](#) for more information.



# WEATHER/WHETHER HOT OR COLD - SIX PREPPER ESSENTIALS

You may have noticed some overlaps between hot and cold survival regarding the essential things you need to know. I have categorized these core six prepper essentials to get you through most disasters--hot or cold weather. Getting these six essentials in order will provide you with a foundation from which you can grow. Remember that for each, you must be sure you have a minimum of two to three weeks' supply.

## Water

The first essential is water. Aim for a minimum of 1 gallon per day per person, with 3 gallons being ideal. [Use BPA-free containers for storage](#). Freeze-prone containers should be filled to capacity (this allows for expansion as the water freezes and prevents it rupturing the container).

Besides storage, address water treatment. Failures in municipal systems can lead to contamination. Use solutions like [sawyer mini water filter](#) or [water purification](#)

[tablets](#), especially if boiling isn't an option. Don't just store water; ensure you can also [treat and drink from natural sources](#).

Hydration is so critical after a disaster. Even without a disaster, many people are walking around in a constant state of dehydration. Don't be one of them, as it will complicate your ability to make sound decisions. Set a schedule to drink water regularly. Use powdered drink mixes for flavor and [electrolyte powders](#) to enhance your hydration.

## Food





Food is essential; relying on last-minute grocery trips before disasters isn't enough. Americans usually have just a few days of food. Aim for at least two to three weeks of calorically dense food at a minimum. Consume at least 1,800 calories (expect you'll need more if you're active) with a balance of macros (protein, carbs, and fats which we detail in our [3 week emergency food video](#)). Basics like beans, rice, and pasta are versatile. Freeze-dried food supplements are convenient. Meals should require no more than boiling water. Consider mild multivitamins and electrolyte powders for stable metabolism during disasters.

### Cooking



Cooking is vital for surviving a two-week grid-down scenario. [Consider your cooking methods](#), like using a [propane stove](#) for boiling and cooking (with adequate propane supply and ventilation). [Apartment dwellers](#) face limitations due to indoor safety concerns. If unable to afford a safe indoor propane stove, cooking over candles or [Sterno](#) is an option. Immediately after a disaster, you won't be cooking fancy meals, so cooking should be the equivalent of heating food to recommended temperatures and bringing water to a and light to avoid drawing attention. A cooking source can double as a heating source, as seen during situations like the Texas freeze. Keep [carbon monoxide](#)

[detectors](#), preferably battery-operated, and be cautious with devices after disasters.

### Power



Assess your electricity reliance and meet those needs minimally. Remember, the more power you need, the larger the generator and fuel needed (or the larger the battery system and solar panels you'd need if you have a solar setup). For instance, if you require medication that requires stable refrigeration temperatures, a small [dorm fridge](#) paired with a [portable solar generator](#) (and solar panels) would work. Portable generators vary from ICE (internal combustion engine that run on propane, gas, or diesel) to solar (a battery paired with solar panels and an inverter); solar generators are essentially unlimited power sources when paired with solar panels but dependent on sunlight (the sun doesn't always shine). ICE generators are typically more affordable (initially) and offer more on demand power but can not be utilized safely indoors, emit fumes, rely on a finite fuel source, and alert others around you as they are noisy. Which one is better? It depends on your situation and budget.

## Medicine



Regarding medicine, consider three aspects: maintenance, first aid, and accessible information. For maintenance, include daily drugs, potential EpiPen needs, and allergy treatments. Consider purchasing a basic [first aid kit](#) starting with essentials like quality bandages, and consider adding a tourniquet (do not buy the ones on Amazon as they are often cheap knock offs...we highly [recommend this one](#)). Also, plan for information availability with a [practical medical handbook](#), as internet access might be unavailable in emergencies. Additionally, consider having [crucial medications](#) in your inventory. In a significant crisis, 9-1-1 and emergency services may not be able to make it to you at all, and getting to the hospital may be very difficult.

## Climate & Shelter

Adapt to your current climate far ahead of a disaster. Before winter and summer, review corresponding preps. Unconventional as it seems, setting up

a tent indoors during power outages and freezing weather creates warmth. Using tarps and blankets to build a fort over furniture stabilizes temperature. Go beyond mylar blankets for warmth—include [wool blankets](#), hats, gloves, and scarves. Prepare for wet conditions, stay dry, and understand heatstroke signs and remedies during hot weather crises.

Months before each season, consider your preparedness for the weather. Inventory your current preps at least every quarter. If you can't live in the weather occurring out your window right now when the furnace goes out, or the air conditioning stops, what do you need to do to survive the climate? Exposure to the elements without protection will kill a person faster than dehydration or starvation, so consider this as you prep.

As you navigate the challenges of prolonged power outages during extreme heat or cold, remember that advanced preparation is vital. By implementing these strategies, you can maintain a livable environment for you and your loved ones. Whether combating scorching temperatures or freezing cold, your ability to regulate core temperature, utilize available resources, and adapt to the situation will significantly enhance your chances of survival. Stay informed, stay prepared, and ensure your home is ready to weather any storm.