



UNITED WAY FAMILY RESPONSE BAG

LOUISIANA ICE / WINTER WEATHER CHECKLIST

CHECKLIST 2

Power outages and slick roads can happen quickly. This bag helps your household stay safe if power is out or travel isn't possible.

LIGHT & POWER (MOST IMPORTANT IN LOUISIANA)

- ☐ Flashlight or headlamp
- ☐ Extra batteries (match your devices)
- ☐ Phone charging cord(s)
- ☐ Power bank (fully charged) and/or car charger

WARMTH (SAFE, NO-POWER OPTIONS)

- ☐ Warm blankets or fleece throws
- ☐ Mylar emergency blankets (2-4)
- ☐ Warm socks (2 pairs per person)
- ☐ Hat and gloves (1 set per person)
- ☐ Hand warmers (4-8)

FOOD & WATER (NO-COOK, 1-3 DAYS)

- ☐ Bottled water (ideally 1 gallon per person per day)
- ☐ Ready-to-eat foods (protein bars, crackers, peanut butter packs, nuts)
- ☐ Manual can opener (if including canned food)



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FIRST AID & HYGIENE

- ☐ Small first aid kit (bandages, antiseptic wipes, gauze)
 - ☐ Prescription medications (3-7 day supply if possible)
 - ☐ Written list of medications and medical needs
 - ☐ Hand sanitizer, wet wipes, tissues
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SAFETY & INFORMATION

- ☐ Copies of important documents (IDs, insurance, meds list) in a zip bag
 - ☐ Cash (\$20-\$50 in small bills)
 - ☐ Emergency contacts (written)
 - ☐ Local utility outage numbers
 - ☐ Warming center or shelter information (printed or QR code)
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CAR ADD-ONS (BECAUSE BRIDGES ICE FIRST)

- ☐ Blanket in the car
 - ☐ Water and snack bars
 - ☐ Phone charger for vehicle
 - ☐ Small shovel or cat litter/sand for traction (optional)
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IF YOU HAVE KIDS

- ☐ Diapers, wipes, formula (if needed)
- ☐ Comfort item (small toy or book)



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IF YOU HAVE PETS

- ☐ Pet food (2–3 days)
 - ☐ Collapsible bowl and leash
 - ☐ Waste bags
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POWER OUT SAFETY REMINDERS

- ☐ Use flashlights or lanterns – **avoid candles**
 - ☐ Run generators **outside only**, away from doors, windows, and vents
 - ☐ Keep space heaters on flat surfaces, away from anything flammable
 - ☐ **Never use grills, ovens, camp stoves, or fuel heaters indoors**
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NEED HELP DURING WINTER WEATHER? CALL 211

211 connects individuals and families to available resources, including heat, shelter, food, medical support, and more.

Ways to connect:

- **Dial 211** – free, 24/7
- **Online:** unitedwaynela.org/211database
- **Text ZIP Code to 898-211** (M–F, 8 a.m.–5 p.m.)
- **Request help online:** unitedwaynela.org/211

***Transportation note:** Prior to winter weather, transportation assistance may be available through 211 when services are operating. Availability may change as conditions worsen.*

SHAREABLE REMINDER

Louisiana ice is rare, but outages and slick roads are real. Prepare early, stay warm safely, and avoid travel if possible. Need help? Call 211.