



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)



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

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)

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)

IF YOU HAVE KIDS

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



IF YOU HAVE PETS

- Pet food (2–3 days)
- Collapsible bowl and leash
- Waste bags

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**

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.