

5. BUNDLE UP

Assembling warm clothing

WHY ACT?

While New Yorkers are prepared to be outside in cold weather for short periods of time, this action will prepare you to live in your home, as if it were the great outdoors, for an extended period of time. Adequate clothing is your most basic insurance against winter power loss. Hypothermia sets in when the body's core temperature drops by just a few degrees. Extreme cold isn't necessary to bring about this condition, and you can become hypothermic even when frostbite isn't a danger. Prolonged chill in even moderate temperature – especially if you're wet – can do the trick. Hypothermia is a life-threatening emergency to be avoided. Fortunately, doing so isn't difficult.

PREPAREDNESS ACTION

- Step 1: Look for warm clothes that can be layered, including down vests, wool sweaters and overcoats, and polypropylene garments used to reduce moisture and sustain heat.
- Step 2: Make sure you also have good clothing for inclement weather in case you need to go outdoors.
- Step 3: If needed, purchase the necessary clothing for each family member. Check military surplus and used clothing stores for bargains.

MATERIALS

Layers of warm clothing and inclement weather gear.

TIME

Fifteen minutes to a few hours.

RESILIENCY GAIN

With the ability to stay warm and dry in the worst winter weather New York City can serve up, you've taken a giant first step in handling power disruptions – or anything else.