The Ready Life *presents*...

THE ULTIMATE EMERGENCY HEAT GUIDE

www.TheReadyLife.com

Emergency Heat: The Simple Progression That Keeps Your Family Safe

Cold doesn't feel like an emergency... until it is. When the power goes out in freezing weather, the danger isn't just discomfort—it's fatigue, sickness, confusion, and hypothermia creeping in quietly, especially at night. Heat isn't just a "nice system someday." Heat starts with this question:

Can your family stay warm tonight—without the grid?

That's why this workbook follows a simple progression we call the Heat Ladder. You don't need a perfect setup. You need a setup that works for your life right now.

Your job this week:

- Figure out where your weak link is
- Identify your next step
- Take that step in the next 24 hours

Quick Risk Check

Cold affects different people differently. This page helps you focus where it matters.

Our "high-risk" people in a cold outage (check all that apply):

☐ Babies / toddlers
☐ Elderly
☐ Anyone with respiratory issues
☐ Anyone who runs cold easily
☐ Anyone with mobility limitations
☐ Anyone who must stay warm to avoid complications

Cold scenario I'm preparing for:

Lowest typical winter temps here: _____ °F

If heat is out, the most dangerous time for us is:

☐ Night ☐ Morning ☐ All day

LEVEL 1

PERSONAL WARMTH

Staying alive through the night, using what you have to stay warm.

Step 1: Build a "Sleep Sanctuary" for EACH person

Cold nights are where families get in trouble. The goal is simple: every person can sleep warm without the grid.

Personal Sleep Setup Checklist (one line per person):

Name: _____
□ Sleeping bag rated for cold (or equivalent layered system)
□ Warm base layer / pajamas
□ Warm socks
□ Hat / beanie (huge heat saver)
□ Extra insulation under body (pad/rug/foam)
□ Optional: liner / extra blanket
□ Optional: hand warmers / hot water bottle

Name: _____
□ Sleeping bag rated for cold (or equivalent layered system)
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□ Optional: hand warmers / hot water bottle

(Repeat as needed)

Step 2: Warmth Math (don't ignore these heat thieves)

Homes aren't perfect. And more often than not, your there are ways that the cold can sneak in and rob you of the warmth you already have. Your job is to identify what's stealing warmth in your house and cut it off.

Check all that apply in your home:
☐ Cold floors steal heat (beds on floor / thin carpet)
☐ Drafty doors or windows
☐ Large open floor plan (hard to keep warm)
☐ Kids run colder especially if they're prone to kick blankets off
☐ Bedrooms are far from any heat source

My top 2 heat thieves:

1. _____
2. _____

One fix I can do today:

_____

Step 3: Shrink the space

If the home is cold, your best "no-power heater" is **reducing air volume** around your body.

Options (check what you could use):
□ Tent indoors over sleeping area
□ Blanket fort / sheet canopy
□ Small room with door closed
□ Pop-up blind / small enclosed space
□ Heavy curtains / blankets over windows

Our "sleep sanctuary" plan:
Where will everyone sleep in an outage? _____
How will we shrink the space? _____

Step 4: Add gentle heat (optional boosts)

Here are some simple small things you can do to help add some heat in a pinch.

- ☐ Hot water bottle / jar wrapped in a towel
- ☐ Warm brick/rock (only if heated safely and wrapped)
- ☐ Cooking/boiling water adds warmth & humidity
- ☐ Hand and feet warmers (often used by skiers)

My gentle heat plan (optional):

LEVEL 2

ROOM HEAT

Creating a safe zone for your family and loved ones.

Step 1: Choose your Warm Room

Pick one room that is:

- Smaller
- Easier to close off
- Near where people can sleep
- Safer for a heater (space + ventilation)

Our Warm Room will be: _____

Step 2: Seal it up (stop the leaks)

Check the options you'll use for sealing up your 'heated' space:

☐ Towels under doors
☐ Blankets over doorways
☐ Heavy curtains/blankets over windows
☐ Reflectix / foam board / cardboard / bubble wrap
☐ Rugs/foam on floor
☐ Close unused rooms/vents

Step 3: Pick your heat source (off-grid options)

You're choosing something you can use **safely**, and you're planning fuel.

Heat source options (check what applies):

☐ Propane radiant heater (example: Mr. Buddy - indoor rated)
☐ Kerosene heater (example: Kero World - indoor rated)
☐ Alcohol/Sterno stove (short-term cooking + small heat boost)
☐ Car as emergency warm-up (outdoors, exhaust clear, timed use)
☐ Other: _____

NOTE: Whatever heater you decide to go with be SURE it is indoor rated.

My chosen room heat source: _____

Fuel plan (don't skip this)

Now that you know what kind of heater you want to have ready for an emergency, you need to make sure you have fuel stored for that heater.

Fuel type:
☐ Propane
☐ Kerosene
☐ Alcohol/Sterno
☐ Gasoline (car)
☐ Other _____

How much Fuel do I need to have on hand?

Your fuel plan depends on which heater you decide to go with, but as an example, lets work out this math using the Mr. Heater option:

1. How many hours/day you'll run the heater
2. How many days you want to cover
3. Which setting you'll use (BTUs)

Remember: if you heat only one room in the house, it will save a lot in fuel costs and make it more doable. These small heaters aren't designed to heat the whole house.

Choose your coverage goal (check one)

□ 7 days (minimum)
□ 14 days (better)

My goal: _____ days

Estimate your "heat hours"

Hours/day I expect to run heat: _____ hours/day
(Example: 8–16 hours/day, heavier at night)

Choose your heater setting

☐ Low (4,000 BTU/hr)
☐ High (9,000 BTU/hr)

How to figure out how much fuel to store:

A 20 lb propane tank holds about 432,000 BTU, which works out to roughly:

- Low (4,000 BTU/hr): ~108 hours per tank
- High (9,000 BTU/hr): ~48 hours per tank

Simple Tank Calculator:
Total heat hours needed = hours/day × days

Hours/day: _____ × Days: _____ = Total hours: _____

Now estimate how many 20 lb tanks you need:

- If Low (4k): Tanks ≈ total hours ÷ 108 = _____
- If High (9k): Tanks ≈ total hours ÷ 48 = _____

My Propane Plan

20 lb tanks I already have: _____
20 lb tanks I want to store: _____
Where they will be stored: _____

Safety plan

□ We have a carbon monoxide detector (or will get one)
□ We understand ventilation needs for our heat source
□ Heater placement plan (clearance, stable surface, away from kids/pets)
My one safety step I'll do today: _____

LEVEL 3

WHOLE-HOME HEAT

Long-term resilience: off-grid capable heat systems.

If you're squared away for short-term outages, then it's time to look at sustainable, long-term heat—and this is where things get exciting, because you're reclaiming real independence for your home and family. These options are usually bigger-ticket and take more time to set up, but they're the systems that can carry you through a longer disruption without panic.

Step 1: Choose Your Whole-home Heat Source

☐ Wood stove (stove + dry wood + covered storage + tools)

☐ Pellet stove (stove + pellets + dry storage + backup power)

☐ Propane heat (heater + propane supply + safe storage + refill plan)

☐ ***Mini-split (mini-split + inverter/battery + charging plan)????????***

☐ Fuel Oil Heater (stove + fuel + storage + possible backup power)

☐ Other: _____

My primary heat source: _____

Step 2: Fuel Type & Quantity

Fill in your home size and winter length:
Home size: _____ sq ft
Cold season: _____ months

Now choose a heat source and figure your fuel needs (for a typical 7 month winter):

1. Wood stove - aprox. 1,000 sq ft:
   ☐ 3–4 cords

My winter wood target: _____ cords

My pellet target: _____ tons

2. Pellet stove - aprox. 1,000 sq ft:
   ☐ 1–2 tons

3. Propane heat - aprox. 1,000 sq ft:
   ☐ 200–400 gallons (mild/typical)

My propane target: _____ gallons

The Ready Life Academy resources for long term independence—

Inside The Ready Life Academy, we have:

- How to use a **Wood Cook Stove** training class
- An **Off-Grid Power** course
- Training on **selecting and sizing a generator**
- How to select, collect, and store **firewood**

My one upgrade goal (next 6 months): _____

Notes:

PART 5

FINAL STEP: YOUR 24 HOUR ASSESSMENT

Now lets turn dreams into reality.

You're not allowed to leave this week with "good intentions." It's time to make some REAL progress toward your independence. So take your next step starting wherever you are currently at.

Your "Next Step" (Circle One)

You can come back and fill this in after you've gone through the workbook. This is for your reference afterwards.

1. I do NOT have a solid sleep setup for each person
   → My next step is: **Level 1 — Personal Warmth**

2. I have sleep setups, but no warm-room plan
   → My next step is: **Level 2 — Room Heat**

3. I have Level 1 + Level 2 covered
   → My next step is: **Level 3 — Whole-Home Heat**

My next step for the next 24 hours is:

_____

The one thing I will do by tomorrow is:

_____

ABOUT THE AUTHORS

Nick & Lisa Meissner — We live deep in the mountains of Idaho with our young family, and we've learned this the hard way: it's dangerous to depend on corporations or government systems for your basics —water, heat, food, and power.

As Christians, we also believe the days are coming when that dependence will be used to control who can buy, sell, and survive. That's why we built The Ready Life: to help families become resilient and self-reliant, so you're not at the mercy of "the system" when it falters—and so you're strong enough to help others when they're in need.