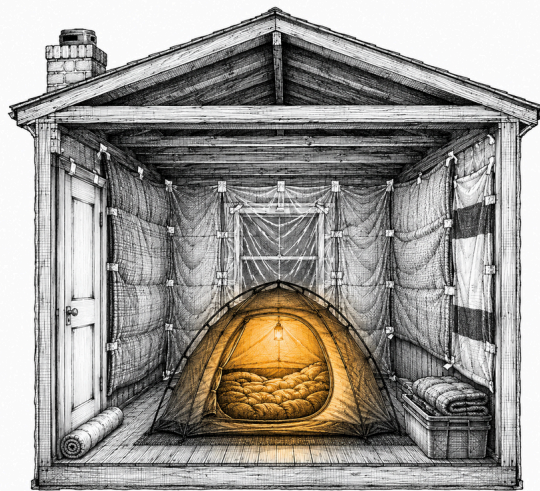


WARM ROOM SURVIVAL CHECKLIST

\$30

beats the \$3,000 generator

What it is: when the grid dies in a hard freeze, you stop chasing heat with fuel and start trapping the heat you already make. Pick your smallest room, seal it, then pitch a tent inside it. Your own resting body puts out about 100 watts of heat, all night, refueled by food and water. Two adults share roughly 200 watts. Insulation makes no heat of its own. It just refuses to let yours leave. You are building a thermos, and you are the coffee.



The warm zone: one small room sealed tight, a tent inside it, your body heat trapped like a thermos.

1 SHOPPING LIST

Two clear plastic drop cloths	\$4 each
Roll of painter's tape	\$5
Four mylar emergency blankets	\$2 each
Pack of spring clamps	\$5
Every blanket and towel you own	free

Whole kit, lives in a shoebox

about \$30

2 THE BIG IDEA

- ▶ Heat always flows from hot to cold, and faster the more cold surface it crosses.
- ▶ A whole house is thousands of square feet of leaking surface. Chasing that with fuel is a race you lose when the fuel runs out.
- ▶ A small room is simply **less surface**. Cut the space in half and you roughly cut the leak in half.
- ▶ Stopping the loss is a race you win once and keep.

3 BUILD STEPS

- ☐ Pick the **smallest room** you have. An interior bathroom, small bedroom, or walk in closet, ideally with one window or none.
- ☐ Tape **plastic sheeting over the window** to kill the draft.
- ☐ Ram a **towel into the gap under the door**.
- ☐ Hang blankets flat on the exterior walls, then a **second layer a few inches in front** of the first. That trapped air gap beats one heavy quilt pressed flat.
- ☐ Cover the sixth wall. Put **cardboard, a rug, cushions, or a foam pad on the floor** so you never touch the cold slab.
- ☐ Line the zone with **mylar, shiny side facing you**, with an air gap in front of it. Mirror first, dead air second.
- ☐ Inside the room, **pitch a camping tent** or drape blankets and mylar over a table, and sleep in that small pocket.
- ☐ **Leave the tent door cracked** a few inches for fresh air. The room seal does the sealing.
- ☐ Put a **foam pad or blankets on top of any air mattress**. Bare air inside it circulates and hauls your heat away.
- ☐ Go in **dry, in dry layers**, every time. Damp clothing steals heat many times faster.
- ☐ Keep the room **closed like an airlock**. Bring food, water, and a flashlight in with you. Cover your head too.
- ☐ **Run the drill once** on a normal evening with a cheap thermometer in the tent, and time the whole setup.



Your body radiates about 100 watts. A mylar sheet bounces up to 90 percent of that heat straight back at you.

4 THE HEAT MATH, IN PLAIN TERMS

- ▶ Your resting body gives off **about 100 watts** of heat, the same as an old reading bulb, continuous all night. Two adults share roughly **200 watts**.
- ▶ Half to two thirds of that leaves you as **invisible radiant heat** that soaks into cold walls.
- ▶ Mylar reflects **up to 90 percent** of that radiant heat back at you. It is the mirror; the dead air layers are the coat. You need both, in that order.
- ▶ Still air is one of the best insulators there is, and it is free. Every layer you hang traps another dead pocket of it.
- ▶ **Shrink the space.** 100 watts cannot hold a whole bedroom, but poured into a tent it holds that pocket far warmer.
- ▶ Forget the old myth. The head loses only **7 to 10 percent** of your heat, not 40. Cover whatever is bare.



Skip the candle and clay pot trick.

X WHY THE CANDLE POT TRICK FAILS

- ▶ One tea light makes about **100 units** of heat an hour. A freezing room needs around **3,000** an hour.
- ▶ That is near **30 open flames** in a sealed room wrapped in plastic and blankets, stripping oxygen and leaking carbon monoxide over your bed.
- ▶ The clay pot creates no heat. It just spreads one candle's trickle so it feels warmer up close.
- ▶ Your own resting body already equals about **three tea lights**, with no flame, no smoke, and no pot.

! SAFETY, READ BEFORE YOU BUILD

VENTILATE, NEVER VACUUM SEAL. Draft proof the room, but keep the tent door cracked open all night.

Nothing in this build burns, so there is no flame eating your oxygen, but you still breathe. If condensation beads on the plastic, peel back a corner and let the moisture out.

KNOW THE HYPOTHERMIA LINE. Hypothermia begins when your core drops below **95 degrees Fahrenheit**.

Watch for shivering that has **stopped while the person is still cold**, slurred speech, stumbling, deep confusion, or unusual drowsiness. Any one of those and you **call nine one one.**

THIS IS A FALLBACK, NOT A DARE. If you can safely reach a warming center, a shelter, or a friend with power, that always wins. The warm zone is for when you are trapped.

ALARM IN THE ZONE. Put a **battery carbon monoxide alarm** in the warm zone with you tonight. It can drift in from a neighbor's generator, a shared garage wall, or a badly vented furnace when the grid returns.

NO FLAME IS A HEATER. The candle and clay pot, propane, and kerosene are **hazards, not heaters**. The better you seal the room, the more dangerous any flame becomes, because the seal traps the exhaust too. A generator runs **outside only, at least 20 feet from the house**, exhaust pointed away from every window, door, and vent.

GRAB THE WHOLE KIT FOR FREE

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\$30
BEATS \$3,000