

# Freeze Night Checklist

SURVIVALSTOCKUP

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Protect vulnerable plumbing before bed and check it again in the morning.

## PREPARE BEFORE DARK. KEEP HEAT STEADY. KNOW YOUR SHUTOFF.

Water freezes at 32°F (0°C), but pipes do not freeze at one fixed outdoor temperature. Exposure, insulation, indoor heat and time in the cold all affect risk. Prepare before a freeze.

Tonight: date / forecast low

Home / person completing checks

### 01 BEFORE TEMPERATURES FALL

- ☐ **Find vulnerable pipe runs**  
Check exterior walls, garages and unheated spaces. Note any pipes that froze before.
- ☐ **Locate the main water shutoff**  
Make sure adults know where it is and how to use it. Do not force a stuck valve.
- ☐ **Save emergency contacts**  
Record your plumber, landlord and water utility numbers on page 2.
- ☐ **Check local instructions**  
Review freeze alerts and utility advice. Do not wait for a particular outdoor threshold.

### 03 JUST BEFORE BED

- ☐ **Keep central heat steady**  
Avoid lowering the thermostat overnight during severe cold. Check that heat is working.
- ☐ **Open under-sink cabinets**  
Let room warmth reach vulnerable plumbing. Move cleaners away from children and pets.
- ☐ **Close the garage door**  
Especially if plumbing runs through it. Keep access to shutoffs clear.
- ☐ **Drip vulnerable lines if advised**  
A cold-water trickle can help exposed pipes. Follow utility advice and keep the drain clear.

### 02 OUTDOOR & EXPOSED PIPES

- ☐ **Disconnect garden hoses**  
Drain and store hoses. Winterize outdoor taps according to their design.
- ☐ **Protect outdoor faucets**  
Drain isolated lines where fitted; add suitable [faucet covers](#). Covers alone cannot guarantee protection.
- ☐ **Insulate exposed water lines**  
Fit [pipe insulation](#) to pipe diameter. Protect both hot and cold lines in unheated areas.
- ☐ **Check irrigation and backflow**  
Arrange proper winterization. Follow installer instructions; do not improvise a blowout.

### 04 MONITOR & PREPARE

- ☐ **Watch the coldest indoor area**  
Use a [temperature monitor](#) near vulnerable plumbing; room readings may differ from pipe temperature.
- ☐ **Set up leak alerts**  
Place [water leak alarms](#) near risk areas. Test them; alerts cannot prevent freezing.
- ☐ **Prepare for an outage**  
Keep a charged phone, flashlight and drinking water accessible. Know where you could stay warm.
- ☐ **Arrange checks if away**  
Leave heat on at least 55°F; your home or local advice may require more. Have someone check it.

# Morning Check & Response

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Spot trouble early, act safely, and keep your emergency details close.

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## 05 WHEN YOU WAKE UP

- ☐ **Confirm heat and water flow**  
Check indoor temperature and faucets. A new trickle or no flow can mean a frozen pipe.
- ☐ **Look for new leaks**  
Check accessible pipes, ceilings and cabinets for drips or dampness, especially as weather warms.
- ☐ **Continue freeze precautions**  
Maintain protection while cold persists. Arrange repairs or better insulation for problem areas.

## 06 IF A PIPE MAY BE FROZEN

- ☐ **Call a plumber if uncertain**  
Get help for hidden, inaccessible or damaged pipes, or if you cannot safely thaw them.
- ☐ **Thaw gently only if safe**  
For an accessible, intact pipe, keep the faucet open; use towels soaked in hot water.
- ☐ **Watch for leaks as ice melts**  
Never use a torch or open flame. Do not use electrical thawing equipment near standing water.

**If a pipe bursts:** Shut off the home water supply if safely accessible and call a plumber. Stay out of water near wiring, outlets or appliances. Do not enter water to reach a breaker or valve; call emergency services if there is immediate danger.

## 07 YOUR FREEZE-NIGHT PLAN

Main shutoff location

Water utility / landlord phone

Vulnerable pipe / faucet to monitor

Plumber / emergency phone

Person checking the home / phone

Thermostat setting / next check time

## 08 USEFUL PIPE-PROTECTION GEAR

### Pipe insulation sleeves - Amazon

Match pipe size; seal gaps as directed.

### Temperature monitor - Amazon

Check range, alerts and power requirements.

### Outdoor faucet covers - Amazon

Use alongside proper faucet winterization.

### Water leak alarms - Amazon

Test batteries and alert audibility.

**Using heat cable?** Choose a listed product for your pipe type. Follow all installation and insulation instructions, use GFCI protection, and never overlap unless specifically permitted.

[Red Cross: frozen pipes](#)

[WaterOne: freeze prevention](#)

[CPSC: heat-tape safety](#)