PRINTABLE CHECKLIST

The one warm room method

The one warm room method means giving up on heating the whole house and keeping a single small room as warm as possible. Pick a small room with few outside walls, seal the draughts, move everyone and everything you need into it, and close every other door. Body heat, bedding and any safe heater then go much further.

- [ ] Pick the smallest room with the fewest outside walls
- [ ] Block the gap under the door
- [ ] Draw and tuck curtains, add a blanket over thin ones
- [ ] Cover bare floors
- [ ] Close all other internal doors
- [ ] Check ventilation and CO alarm if any flame is used
- [ ] Bring in light, radio, water, food, medication and bedding
- [ ] Air the room for five minutes each day