# WHAT SIZE POWER STATION DO I NEED FOR A REFRIGERATOR?

A refrigerator cycles, so a rough average of 100 to 200 watts is a fair planning figure, which is our assumption and not a maker figure. A 1,024 watt-hour station gives about 870 usable watt-hours, so roughly 4 to 9 hours. For days of fridge power you need more than one station or a generator.

## THE STEPS

01 Assume your refrigerator averages 100 to 200 watts over a day. This is our assumption, because a compressor cycles. Check the label on yours.

02 Take usable energy as about 85 percent of the station's watt-hours. A 1,024 Wh station is about 870 Wh.

03 Divide: 870 Wh at 150 W is about 5.8 hours. At 100 W it is about 8.7 hours. At 200 W it is about 4.3 hours.

04 Check the station's output rating covers the fridge startup. A 2,000 W rating does.

05 A small 288 Wh station gives about 1.2 to 2.4 hours of fridge and is better kept for phones and lights.

06 Keep the doors shut. A closed refrigerator keeps food cold for about four hours (Ready.gov).

## THE CHECKLIST

- ☐ Your fridge's watts from its label
- ☐ A station with enough watt-hours
- ☐ A way to recharge it (a panel or the wall)
- ☐ A thermometer in the fridge

**Sources:** Anker SOLIX, power station specifications; Ready.gov, Power Outages. Last reviewed November 17, 2026. General planning information, not medical, legal or financial advice.