

Appliance Wattage Cheat Sheet

Approximate running and starting watts from published Honda and Champion charts. Full chart with sources: poweroutageplan.com/appliance-wattage-chart/

Appliance	Running W	Starting W	Source
Refrigerator or freezer (ENERGY STAR)	132–192	1,200	Honda
Refrigerator (typical range)	150–400	800–1,200	Champion
Freezer	100–500	500–1,000	Champion
Coffee maker (4-cup)	600	600	Honda
Internet router / modem	10–20	—	Champion
Phone / laptop charger	20–100	—	Champion
LED light bulb (each)	8–15	—	Champion
CPAP machine (no heated humidifier)	30–60	—	Champion
CPAP machine (heated humidifier)	60–120	—	Champion
Television, flat-screen 20"	120	120	Honda
Television, flat-screen 46"	190	190	Honda
Ceiling fan	15–75	—	Champion
Window fan	50–200	—	Champion
Space heater (electric)	750–1,500	—	Champion
Window AC, 10,000 BTU	1,500	2,200	Honda
Central AC, 2-ton	2,000–2,500	3,500–4,500	Champion
Central AC, 3-ton	3,000–3,500	5,000–6,000	Champion
Furnace fan (gas/oil), 1/3 hp	700	1,400	Honda
Sump pump, 1/3 hp	800	1,300	Honda
Sump pump, 1/2 hp	1,050	2,150	Honda
Well pump, 1/2 hp	750–1,000	1,500–2,000	Champion
Garage door opener	720	1,420	Honda
Washing machine	500–1,000	1,000–2,300	Champion
Electric clothes dryer	5,400	6,750	Honda
Electric water heater	4,500	4,500	Honda

— means the source lists no separate starting figure. Ranges are as published; our calculators use the upper end. Your appliance's nameplate beats any table.

How to use it

- **Running watts:** what it draws while operating. **Starting watts:** the brief surge to start a motor.
- **Generator, standard method:** total running watts + the single largest (starting – running).
- **Generator, conservative:** total running watts + the largest starting figure.
- **Battery runtime (hours):** $\text{watt-hours} \times 0.85 \div \text{load in watts}$. (The 85% is a planning assumption.)
- Medical devices: check your device's rating and ask your provider. Not for life-support planning.