

Hurricane Supply List

Use this checklist to make sure that you and your loved one stays safe. By going through the checklist, you can significantly reduce harm that may come to a family member. This is a basic list of emergency items. Don't forget to bring any specific medical supplies for you, your family or pets.

First Aid

- Find someone to check on the individual daily.
- Sunscreen
- First aid instruction booklet
- Oral thermometer, scissors, tweezers
- First-aid tape
- Two week supply of prescription medicine
- Insect Repellent
- Sterile adhesive bandages in assorted sizes
- Moist towelettes
- First-aid tape
- Non-Prescription Drugs
- Instant cold pack
- Elastic bandages
- Roller bandages of different widths
- Sterile gauze pads of different sizes

Communication

- Battery operated radio/NOAA weather radio with extra batteries
- Extra cell phone battery and car charger
- Portable rechargeable battery pack

Non-Perishable Food

- Canned Fruit and Vegetables
- Dried Fruit and Nuts
- Canned juices, milk, soup
- High energy foods like crackers, granola bars, trail mix, cookies, cereal
- Paper cups, plates, and plastic utensils
- Manual can opener
- Vitamins
- Comfort/stress foods - cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags.
- At least one gallon of water per person for 3 to 7 days

Hygiene

- Toilet paper, towelettes
- Hand sanitizer, wipes
- Dental care, hearing aids, and vision products
- Water purification tablets
- Feminine hygiene products
- Soap and Detergent
- Diapers and Wipes
- Extra clothing, rain gear, hard sole shoes

Documents

- Current photo IDs, driver licenses, birth records, Social Security cards, passports
- Photos of family members in case you get separated
- Phone numbers (family, friends, doctors)
- Insurance documents (auto, homeowner, renter, flood, life)
- Utility bills (to prove where you live)
- Health insurance and prescription cards
- Medical device information (style and serial number)
- Extra set of car and house keys

Miscellaneous

- Cash (ATMs may not work after the storm)
- Plastic garbage bags
- Map & compass
- Plastic storage containers
- Signal flare
- Matches in a waterproof container
- Flashlights for each person and 2 extra packets of batteries, or wind-up flashlight
- Sleeping bags

For Seniors

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Extra eye glasses
- Contact lenses and supplies
- Wheelchairs, walkers and canes
- Cooler with cold packs for medications
- Copies of prescriptions and medical alert tags
- Medical supplies (oxygen, glucose monitoring strips, syringes, etc.)
- Hearing aids with extra batteries
- Food for special diets

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