



Water and Food for 3 Days

Water:

It is recommended that you make allowances for 1 gallon per person per day

_____ No. Household members x 3 = _____ gallons

Food:

Non-perishable pre-packaged food is recommended.

- Boxed/Bottled: juice milk soup
- Dried/powdered foods: Cereals, Soup, milk, Sugar
- Canned vegetables meat
- Seasonings: Salt and Pepper
- Comfort foods/Sweet treats: cookies, hard candy and coffee.
- High energy snacks: trail-mix, granola, fruit preserve, peanut butter, and low-sodium crackers.
- Special Needs foods for elderly, infants and pets.
- Vitamins

First Aid Kit

* New emergency laws allow you to get 30 day supply of prescription medication

- First aid manual
- CPR breathing barrier
- Bandages in assorted sizes.
- Conforming roller gauze bandages
- Sterile Gauze pads: 3"x3", 4" x 4"
- Cotton balls/pads
- Antiseptic wipes (Wet wipes)
- Anti-bacterial ointment
- Antibacterial hand sanitizer like Purelle
- Thermometer
- Tongue depressor blades
- Cold pack
- Adhesive tape 2" width
- Tweezers
- Scissors
- Gloves: Non-latex medical grade (size- Large)
- Safety pins
- Tube of petroleum jelly or lubricant
- Compression stockings

Medical Supplies

- Prescription medications and a detailed list on how to take them
- Pain relievers (Aspirin and non-aspirin)
- Antacids
- Laxatives
- Cough medicine
- Vitamins
- Anti-diarrheal medications
- Contact lenses solution
- Spare hearing aid batteries

Cooking Utensils and Storage

- Small cooking/camping stove
- Fuel
- Cooking utensil
- Jack knife or all-purpose-knife
- Manual Can/bottle Opener
- Paper plates and cups or mess kits
- Plastic utensils
- Aluminum foil and plastic wrap
- Re-sealable plastic bags
- Household liquid bleach (attach medicine dropper to bottle if you will be using bleach to disinfect water) to treat drinking water, iodine tablets
- Water purifier
- Storage containers for water.

Basic Hygiene and Sanitation

- Toothpaste and toothbrushes
- Toilet paper
- Soap
- Shampoo
- Hand sanitizer/ wet wipes
- Washcloth, drying towels
- Feminine supplies
- Deodorant
- Razor and shaving cream
- Insect repellent
- Sunscreen
- Lip Balm
- Mirror
- Chlorine bleach and household bleach for disinfecting (fragrance free)
- Small shovel to dig a latrine
- Heavy duty garbage bags and ties
- Medium sized bucket with tight lid
- Label maker to mark dates on kit.

Basic Equipment

- Flash light (wind-up rechargeable ones are available)
- Compass
- Tube tent
- Matches water-proof container
- Swedish fire steel (flint)
- Work gloves
- Small sewing kit
- Small travel alarm clock battery operated)
- Plastic sheeting
- Water tight storage containers
- Water tight drain plugs
- Medicine dropper
- Keep fuel tanks filled
- Keys

Bedding and Clothing

- Waterproof storage bag
- A change of clothes
- Rain gear
- Hat and gloves
- A hardy pair of boots/walking
- Shoes
- Extra socks
- Thermal underwear
- Bedding: sleeping bags and
- Pillows
- Sunglasses
- Space blankets

Communications

- NOAA Weather Radio
- Note Paper
- Pen/Pencil
- Solar powered charger for iPod, mobile phone, and flashlight or spare batteries
- Whistle
- Signal flares

Tools

- Nails
- Hammer,
- Screw drivers,
- Shut off wrench to turn of gas and water
- Axe
- Crow bar
- Box cutter
- 5 gallon gas cans (at least 2)
- Funnel for gas can
- Fire extinguisher (small ABC-type)
- Compass
- Plastic sheeting
- Duct tape

Activities/Comfort

- A pack of cards
- Games
- iPod Mp3 player and charger (stock with audio books)
- Toys for children
- Books

Special Needs

Children:

- Baby food/ formula
- Diapers
- Wet wipes
- Pacifiers
- Powdered milk
- Comfort medicines: Tylenol, Mylicon (gas drops) and Ocean Spray (for nasal congestion)
- Nursing water (a special cleaner water for babies)
- Blankets
- Binkies/special toys

Sick or Elderly:

- Denture needs
- Hearing aid batteries
- Adult incontinence aids
- Prescription medications

Pets:

- Wire cage or carrier
- Collar and leash with identification tags
- Muzzle if required
- Up to date copy of immunizations. Rabies-immunization info attached to collar tag if necessary.

Important Documents

Make photocopies of all important documents, and store them with a friend or in a safety deposit box outside the hurricane zone. An alternative is to store an electronic copy online in a secure account.

- Emergency cash- enough for 2 weeks, coins
- Personal identification
- Drivers license
- Birth Certificate
- Social security card
- Immunization records
- Passport
- Marriage license
- Medical records
- Will
- Deed to properties
- Stocks and bonds
- Insurance documentation
- Inventory of household items and goods (visual or written)
- All banking and credit account numbers and details.
- Emergency contact list of phone numbers.
- Map of evacuation zone and numbers of nearby shelters.

Disaster Communications Plan

Contact Name: _____
Telephone: _____
Out-of-State Contact Name: _____
Telephone: _____
Evacuation Meeting Place: _____
Meeting Place Telephone: _____

In an Emergency dial 9-1-1!

Other important Contacts & Information:

In an Emergency dial 9-1-1!

Visit LifeOrganizers.com homepage for more checklists