

HURRICANE SAFETY CHECKLIST

The most important thing you can do as hurricane season approaches is prepare yourself, your family and your home. Starting early can help you avoid crowded stores and last-minute shortages when watches and warnings are issued.

IMPORTANT: This checklist is intended as a preparedness guide. These are guidelines only and are not all-inclusive. Review your household's individual needs and follow current guidance from local emergency-management officials and the American Red Cross.

GET STARTED

- [ ] Prepare an emergency supplies kit before a storm threatens.
- [ ] Keep evacuation essentials in an easy-to-carry container, such as a covered storage bin, camping backpack or duffel bag.
- [ ] Store supplies in a convenient place known to all household members.
- [ ] Keep a smaller version of your supplies kit in the trunk of your vehicle.

1. FOOD & WATER

WATER

- [ ] Store water in clean plastic containers, such as food-grade or soft-drink bottles. Avoid containers that may decompose or break, including milk cartons and glass bottles.
- [ ] Plan for at least one gallon of water per person per day.
- [ ] Keep at least a three-day supply of water per person. The Red Cross reference guidance allocates two quarts for drinking and two quarts for food preparation and sanitation per person, per day.
- [ ] Plan for additional water for children, nursing mothers, ill household members, hot conditions and intense physical activity.

FOOD

- [ ] Store at least a three-day supply of nonperishable food.
- [ ] Choose compact, lightweight foods that need no refrigeration, cooking or preparation, and little or no water.
- [ ] If heating food may be necessary, include an appropriate canned heat source and use it only as directed in a safe, ventilated area.
- [ ] Ready-to-eat canned meats, fruits and vegetables.
- [ ] Canned juices.
- [ ] Staples such as salt, sugar, pepper and spices.
- [ ] High-energy foods and vitamins.
- [ ] Food and supplies for infants, if needed.
- [ ] Comfort foods or familiar snacks to help reduce stress.

FIRST AID & MEDICATIONS

Assemble a first aid kit for your home and one for each vehicle. Check expiration dates regularly and tailor supplies to your household.

2. FIRST AID KIT

- [ ] 20 adhesive bandages in assorted sizes.
- [ ] One 5″ × 9″ sterile dressing.
- [ ] One conforming roller gauze bandage.
- [ ] Two triangular bandages.
- [ ] Two 3″ × 3″ sterile gauze pads.
- [ ] Two 4″ × 4″ sterile gauze pads.
- [ ] One roll of 3″ cohesive bandage.
- [ ] Two germicidal hand wipes or waterless alcohol-based hand sanitizer.
- [ ] Six antiseptic wipes.
- [ ] Two pairs of large, medical-grade, non-latex gloves.
- [ ] Adhesive tape, 2″ wide.
- [ ] Antibacterial ointment.
- [ ] Cold pack.
- [ ] Small personal scissors.
- [ ] Tweezers.
- [ ] CPR breathing barrier, such as a face shield.

3. NON-PRESCRIPTION MEDICATIONS

- [ ] Aspirin or a non-aspirin pain reliever.
- [ ] Anti-diarrhea medication.
- [ ] Antacid for stomach upset.
- [ ] Laxative.

Medication reminder: Keep medicines in their original labeled containers when practical. Ask your physician or pharmacist how to store prescription medicines safely and what to do if refrigeration or power is interrupted.

TOOLS & EMERGENCY SUPPLIES

Gather essential tools and backup supplies before a storm. Store batteries separately where appropriate and make sure everyone knows where emergency equipment is kept.

4. TOOLS & SUPPLIES

- [ ] Mess kits, or paper cups, plates and plastic utensils.
- [ ] Emergency preparedness manual.
- [ ] Battery-operated radio and extra batteries.
- [ ] Flashlight and extra batteries.
- [ ] Cash and/or coins.
- [ ] Non-electric can opener and utility knife.
- [ ] Small ABC-type fire extinguisher.
- [ ] Tube tent.
- [ ] Pliers.
- [ ] Tape.
- [ ] Compass.
- [ ] Lighter or matches stored in a waterproof container.
- [ ] Aluminum foil.
- [ ] Plastic storage containers.
- [ ] Signal flare.
- [ ] Paper and pencil.
- [ ] Needles and thread.
- [ ] Medicine dropper.
- [ ] Shut-off wrench to turn off household gas and water, if appropriate and safe to do so.
- [ ] Whistle.
- [ ] Plastic sheeting.
- [ ] List of local emergency shelters.

Before an emergency: Learn how to safely shut off utilities, know where your main electrical panel and water shut-off are located, and follow instructions from utility providers and emergency officials. Do not attempt to operate gas or electrical shutoffs if conditions are unsafe.

SANITATION, CLOTHING & BEDDING

Plan for limited water, power and access to stores. Include enough personal supplies for every member of your household.

5. SANITATION

- [ ] Hand sanitizer.
- [ ] Disinfectant wipes.
- [ ] Cloth face masks — two per person.
- [ ] Toilet paper and towelettes.
- [ ] Soap and liquid detergent.
- [ ] Feminine hygiene supplies.
- [ ] Personal hygiene items.
- [ ] Plastic garbage bags and ties for personal sanitation uses.
- [ ] Plastic bucket with a tight-fitting lid.
- [ ] Disinfectant.
- [ ] Household chlorine bleach.

6. CLOTHING & BEDDING

Include at least one complete change of clothing and footwear for each person.

- [ ] Sturdy shoes or work boots.
- [ ] Rain gear.
- [ ] Blankets or sleeping bags.
- [ ] Hat and gloves.
- [ ] Thermal underwear, as appropriate for your climate and destination.
- [ ] Sunglasses.

Late-season reminder: Atlantic hurricane season runs through November 30. Residents in hurricane-vulnerable areas, including northern areas that may experience colder conditions, should consider clothing and bedding needs in case of a late-season storm.

SPECIAL HOUSEHOLD & PET NEEDS

Remember household members with special requirements, including infants, older adults and people with disabilities. Plan for pets before an evacuation becomes necessary.

7. SPECIAL ITEMS

FOR BABIES & YOUNG CHILDREN

- [ ] Infant formula.
- [ ] Diapers.
- [ ] Bottles.
- [ ] Powdered milk, if appropriate.
- [ ] Medications and other essential child-care supplies.

FOR ADULTS & INDIVIDUAL HEALTH NEEDS

- [ ] Heart and high blood pressure medication.
- [ ] Insulin and related supplies, if needed.
- [ ] Prescription drugs.
- [ ] Denture supplies and other oral-care needs.
- [ ] Contact lenses and supplies.
- [ ] Extra eyeglasses.

ENTERTAINMENT & COMFORT

- [ ] Board games and other games that do not require batteries or electricity.
- [ ] Books and quiet activities for adults and children.

8. PET PREPAREDNESS

- [ ] Do not leave pets behind when evacuating.
- [ ] Attach a current identification tag to each pet's collar and carry a current photo of each pet.
- [ ] Include a phone number for a trusted friend or family member on the pet's identification information.
- [ ] Transport pets in secure carriers; keep them on leashes or harnesses when outside carriers.
- [ ] Call hotels or other safe-location lodging in advance to confirm whether pets are accepted. Ask whether any no-pet policy may be waived during a disaster.
- [ ] If you cannot stay with your pets, arrange foster care with friends, family, veterinarians or boarding facilities in a safe location.
- [ ] Pack at least a week's supply of pet food, water and other provisions, including medications and cat litter as needed.
- [ ] Do not wait until the last minute to evacuate. Rescue officials may not be able to take pets during a rescue.
- [ ] Keep emergency phone numbers for your veterinarian, local animal control, animal shelters and other relevant organizations.

IMPORTANT DOCUMENTS & KIT MAINTENANCE

Protect important records and review your supplies regularly so your kit is ready when needed.

9. POSSESSIONS & DOCUMENTS

Keep copies of important records in a waterproof, portable container. Consider including:

- [ ] Will, insurance policies, contracts, deeds, stocks and bonds.
- [ ] Passports, Social Security cards and immunization records.
- [ ] Bank account numbers and relevant financial information.
- [ ] Credit card account numbers and issuer contact information.
- [ ] Inventory of valuable household goods and important telephone numbers.
- [ ] Family records, including birth, marriage and death certificates.

10. KEEP YOUR KIT READY

- [ ] Store your kit in a convenient place known to all family members.
- [ ] Keep a smaller version of your supplies kit in the trunk of your vehicle.
- [ ] Keep kit items in airtight plastic bags where appropriate.
- [ ] Replace stored water every six months, or according to the container and water-storage guidance you follow.
- [ ] Replace stored food every six months, or before its expiration date.
- [ ] Review your kit and family needs at least once a year.
- [ ] Replace batteries, update clothing sizes and refresh supplies as household needs change.
- [ ] Ask your physician or pharmacist about safe storage and replacement of prescription medications.

HOUSEHOLD CHECK-IN
Emergency contact: _____
Out-of-area contact: _____
Meeting place: _____
Evacuation destination / shelter plan: _____
Date this checklist was reviewed: _____ Next review: _____

Source / Reference: American Red Cross disaster-preparedness guidance and checklist material supplied for this handout. Pet-preparedness points in the supplied reference also credit The Humane Society of the United States. Verify current recommendations with the American Red Cross and local emergency-management authorities.

Forcefield Hurricane Protection Systems® provides this checklist as a general preparedness resource. It is not a complete emergency plan and does not replace official instructions, professional advice or household-specific planning.