

## Suggested Hurricane Supply List

To prepare for the unknown, each home should have a 72-hour Disaster Survival Kit. You will need to pack some essential items to help you and your family survive, whether you stay at home or leave it during a disaster.

Ensure at least three days (72 hours) supply for each person. Do not forget pets where applicable! The following is a minimum suggested list of Survival Kit supplies:



### Drinking Water:

- One gallon per person/per day in unbreakable containers, Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.
- Don't forget to add additional water for mixing formula if you have children and for your pets. Rotate the drinking water each year.
- Food preparation and sanitation require another two quarts (minimum) per person daily.
- Purchased bottled water that has been sealed is best for storage. It meets FDA guidelines for food and is not as vulnerable to temperature changes as unsealed water
- **Tip:** Purchase water this year and use it for drinking next year. This allows for rotation on an annual basis and keeps the water fresh. **Yes water can go bad!**

### Water for sanitation use:

- Store extra containers of water to be used for flushing toilets, cleaning, and bathing.
- Purchase water purification tablets (Halazone) to be used if you still have running water but are told to boil water before using it. This allows you to fill the bathtub and other containers without purchasing expensive drinking water.
- **Tip:** Keep plastic containers (milk jugs and other containers) and fill them with water when a storm threatens. You can put these items in the freezer to keep food cold longer in the event that the electricity goes out.

### Non-perishable Food:

- Maintain at least 3-7 days of food for each member of the family.
- Small, preferably single serving cans (should not require cooking or refrigeration). Dried fruit, peanut butter and jelly, coffee, tea, soft drinks and pet foods.
- Ready-to-eat canned meats, fruits and vegetables.
- Canned juices, milk, soup (if powdered, store extra water).
- Staples – sugar, salt, pepper in water proof containers.
- High energy foods like crackers, granola bars, trail mix.
- Raw vegetables that do not need refrigeration.



- Fresh bread.
- Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, instant **coffee, tea bags**.
- Sterno for cooking.
- Vitamins
- Food for infants
- Paper cups, plates, and plastic utensils
- Non-electric can opener
- Aluminum foil
- Plastic storage containers
- Lots of ice (you can freeze your water supply)
- Pedialyte (to restore hydration if needed)
- **Tip:** Purchase only items that you like to eat and would eat even without a storm. Rotate these items by using them Dec-May each year and purchasing new items Jan-May. This allows you to reduce the cost of buying items for a hurricane kit at one time and keeps the items fresh. ***Yes even canned goods have a shelf life!***



### **Baby Needs:**

- Special foods (enough for several days)
- Formula (enough for several days)
- Extra diapers
- Medicines (get a copy of prescription)
- Blankets
- Diaper Rash Ointment
- Baby Wipes
- Powder
- Bottles
- Pacifier
- Favorite toy/blanket
- Medicine dropper
- Diaper-rash ointment



### **Sanitation**

- Toilet paper, towelettes, soap, baby wipes, liquid hand sanitizer
- Liquid detergent
- Feminine supplies
- Personal hygiene items (toothpaste, deodorant, shampoo etc.)
- Plastic garbage bags, ties (for personal sanitation uses)



- Plastic bucket with tight lid
- Household chlorine bleach, disinfectant
- Plenty of absorbent towels

## First Aid Kit

- Assemble a first aid kit for your home and one for each car.
- Adhesive bandages various sizes -- Sterile gauze pads (various sizes)
- Germicidal hand wipes or waterless alcohol-based hand sanitizer
- Non-latex gloves -- Adhesive tape -- Anti-bacterial ointment -- Antiseptic spray
- Cold packs (non refrigerated type) – Scissors – Tweezers -- Rubbing alcohol
- CPR breathing barrier, such as a face shield -- Thermometer, Safety pins.

## Non-Prescription Drugs

- Aspirin or nonaspirin pain reliever, Benadryl, peroxide
- Anti-diarrhea medication, Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)



## Prescription Drugs

- Heart and high blood pressure medication
- Insulin (enough for a 30 day supply)
- Hearing Aid and extra batteries
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- **Tip:** If your insurance will allow, get a 90 day supply of prescriptions and have at least a 30 day supply on hand. wait until a couple of days before a storm to go to the pharmacy you may not get your prescription refilled; the lines are long and they run out of supplies very quickly.



Don't  
for refills

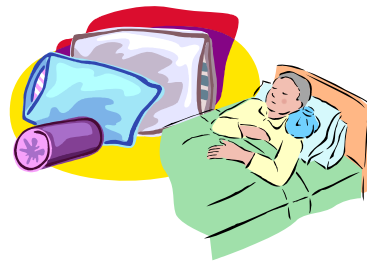
## Clothing and Bedding

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

- Sturdy shoes or work boots
- Towels
- Rain gear



- Blankets or sleeping bags
- Pillows
- Hat and gloves
- Sunglasses
- Tent
- Lawn chairs



**Entertainment**

- Games
- Books
- Cards
- Extra batteries for games
- Coloring books, crayons.

**Miscellaneous**

- Wind-up or battery-operated clock
- Paper, pencil
- Needles, thread
- Camping utensils
- Map of the area (for locating shelters) and returning to the area.
- Cash or traveler's checks
- Tip: Have enough cash to sustain you through a 2 week period. Without electricity, most businesses (if open) will not accept credit cards and may not accept traveler's checks.
- Emergency preparedness manual
- Citronella candles

**Tools and Supplies:**

Masking and/or duct tape	Handsaw	Razor knife	Ax or chain saw
Nails and screws	Ladder	Portable generator	Wheelbarrow
Bucket/mop, broom	Fire extinguisher	Hammer	Screwdriver
Pliers/wrenches	Rope caulk	All purpose cleaner	Sandbags
Shovel, rake	Plywood	Plastic sheet/drop cloth	Bleach
Tarps to cover roof	Portable a/c unit	BBQ grill	Extra filled propane tanks
Utility knife	Fire extinguisher: small canister ABC type	Compass	Tape, duct tape
Signal flare	Battery operated radio with extra batteries	Bug repellent	Sun screen
(2-3) Flashlights with extra batteries and bulbs	Matches in a waterproof container	Shut-off wrench to turn off household gas and water	Whistle

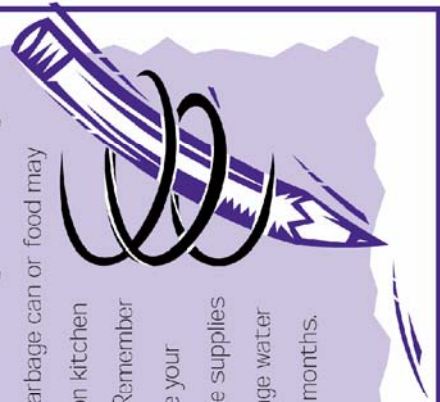
## **Not evacuating and staying home?**

- Ensure you have enough food, water, medications, and other supplies in your survival kit to last at least 2 weeks.
- Turn refrigerator to coldest setting and keep closed.
- Turn off propane tanks.
- Unplug small appliances.
- Fill bathtub and other containers with water for cleaning and flushing. Additional water is stored for drinking.
- Cover all windows and other openings with hardened protections. If you do not have manufactured shutters, cut plywood and secure to protect the windows.
- Close all interior doors and brace outer doors.
- Select an interior room to use as a safe room.
- Plan as though you were evacuating and have enough cash on hand to sustain purchasing of gas, food, and other supplies in the days following the storm.
- If you have a generator, ensure you have enough gas on hand to sustain usage for several days.
- Ensure you have sufficient medications in case you are confined to your home for several days. Post-storm there may not be any electricity and pharmacies will probably closed even with a minor storm.
- Plan to cook on a camp stove or grill in the days immediately after the storm passes.

# Family Disaster Supplies Calendar

## A Checklist

The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. For example, to prepare for Florida's Hurricane Season, at the beginning of the year, using this calendar, your family can assemble an emergency kit in small steps over a six month period. Check off each week as you gather the items. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change water every six months.



### WEEK 1

#### Grocery Store

- 1 gallon of water\*
- 1 jar of peanut butter\*
- 1 large can fruit\*
- 1 can meat\*
- hand-operated can opener
- instant coffee, tea, powdered soft drinks
- permanent marking pen to mark date on cans (remember 1 gallon of water for each pet)

**Also:** pet food, diapers, and/or baby food if needed.

#### To Do

- Make a family plan.
- Date each perishable food item using marking pen.

### WEEK 2

#### Hardware Store

- crescent wrench
- heavy rope
- duct tape

**Also:** a leash or carrier for your pet, if needed.

#### To Do

- Check your house for hazards.
- Locate your gas meter and water shutoffs and attach a wrench near them.

### WEEK 3

#### Grocery Store

- 1 gallon of water\*
- 1 can meat\*
- 1 can fruit\*
- sanitary napkins
- video tape

(remember 1 gallon of water for each pet)

**Also:** pet food, diapers, and/or baby food, if needed.

#### To Do

- Use a video camera to tape the contents of your home for insurance purposes.
- Store video tape with friend/family member who lives out of town.

### WEEK 4

#### Hardware Store

- plumber's tape
- crowbar
- smoke detector with battery

**Also:** extra medications or e prescription marked "emergency use," if needed.

#### To Do

- Install or test your smoke detector.
- Tie water heater to wall studs using plumber's tape.

### WEEK 5

#### Grocery Store

- 1 gallon of water\*
- 1 can meat\*
- 1 can fruit\*
- 1 can vegetables\*
- 2 rolls toilet paper\*
- extra toothbrush\*
- travel size toothpaste

**Also:** special food for special diets, if needed.

#### To Do

- Have a fire drill at home.

### WEEK 6

#### First Aid Supplies

- aspirin and/or acetaminophen
- compresses
- rolls of gauze or bandages
- first-aid tape
- adhesive bandages (in assorted sizes)

**Also:** extra hearing aid batteries, if needed.

#### To Do

- Check with your child's day care or school to find out about their disaster plans.

### WEEK 7

#### Grocery Store

- 1 gallon of water\*
- 1 can ready to eat soup (not concentrate)\*
- 1 can fruit\*
- 1 can vegetables\*

**Also:** extra plastic baby bottles, formula and diapers, if needed.

#### To Do

- Establish an out-of-state contact to call in case of emergency.

### WEEK 8

#### First Aid Supplies

- scissors
- tweezers
- antiseptic
- thermometer
- liquid hand soap
- disposable hand wipes
- sewing kit

**Also:** extra eyeglasses, if needed.

#### To Do

- Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency.

## WEEK 9

### Grocery Store

- 1 can ready-to-eat soup\*
- liquid dish soap
- plain liquid bleach
- 1 box heavy-duty garbage bags

**Also:** saline solution and a contact lens case, if needed.

### To Do

- Send some of your favorite family photos (or copies) to family members out of state.

## WEEK 10

### Hardware Store

- waterproof portable plastic container (with lid) for important papers
- portable am/fm radio (with batteries)

**Also:** blankets or sleeping bag for each family member.

### To Do

- Make photocopies of important papers and store safely.

## WEEK 11

### Grocery Store

- 1 large can juice\*
- large plastic food bags
- 1 box quick energy snacks
- 3 rolls paper towels

**Also:** sunscreen, if needed.

### To Do

- Store a roll of quarters for emergency phone calls.
- Go on a hunt with your family to find a pay phone near home.

## WEEK 12

### First Aid Supplies

- anti-diarrhea medicine
- rubbing alcohol
- 2 pair latex gloves
- ipecac syrup and activated charcoal (for accidental poisoning)

**Also:** items for denture care, if needed.

### To Do

- Take a family trip to gas meter and water meter shutoffs.

Items marked with an asterisk "\*" should be purchased for each member of the household.



## WEEK 13

### Hardware Store

- whistle
- ABC fire extinguisher
- pliers
- vise grips

### To Do

- Take a first aid/CPR class.

## WEEK 14

### Grocery Store

- 1 can meat\*
- 1 can fruit\*
- 1 can vegetables\*
- 1 package paper plates
- 1 package eating utensils
- 1 package paper cups
- adult vitamins

### To Do

- Make a plan to check on a neighbor who might need help in an emergency.

## WEEK 15

### Hardware Store

- extra flashlight batteries
- masking tape
- hammer
- assorted nails
- "L" brackets to secure tall furniture to wall studs
- wood screws

### To Do

- Brace shelves and cabinets.

## WEEK 16

### Grocery Store

- 1 can meat\*
- 1 can vegetables\*
- 1 box large heavy-duty garbage bags
- kleenex
- 1 box quick energy snacks.

### To Do

- Find out if you have a neighborhood safety organization and join it!

## WEEK 17

### Grocery Store

- 1 box graham crackers
- assorted plastic containers with lids
- assorted safety pins
- dry cereal

### To Do

- Arrange for a friend or neighbor to help your children if you are at work.

## WEEK 18

### Hardware Store

- "child proof" latches or other fasteners for your cupboards
- double-sided tape or Velcro-type fasteners to secure moveable objects

### To Do

- Pack a "go-pack" in case you need to evacuate.

## WEEK 19

### Grocery Store

- 1 box large heavy-duty garbage bags
- 1 box quick energy snacks (such as granola bars or raisins)

### To Do

- Have a tornado/hurricane drill at home.

## WEEK 20

### Hardware Store

- camping or utility knife
- extra radio batteries

**Also:** purchase an emergency escape ladder for second story bedrooms if needed.

### To Do

- Find out about your workplace disaster plans.

## WEEK 21

### Hardware Store

- heavy work gloves
- 1 box disposable dust masks
- screwdriver
- plastic safety goggles

## WEEK 22

### Grocery Store

- extra hand-operated can opener
- 3 rolls paper towels

## WEEK 23

### Hardware Store

- battery powered camping lantern with extra battery or extra flashlights

## WEEK 24

### Grocery Store

- large plastic food bags
- plastic wrap
- aluminum foil

Items marked with an asterisk "\*" should be purchased for each member of the household.

Provided by the Executive Office/Emergency Management. Pamphlet designed by Visual Communications Division. (Calendar reprinted from Collier County E.M.)