



A collection of emergency supplies including a backpack, water bottles, a first aid kit, a flashlight, a radio, a gas can, a propane tank, a mask, and various food and medical supplies.

As a new hurricane season unfolds, we urge everyone to be prepared. Please keep this checklist handy to help keep you and your family safe.

First Aid, Medicine Supplies and Medical Support Equipment

	HOME	VEHICLE	WORK
First aid kit and manual	☐	☐	☐
Hand sanitizer	☐	☐	☐
Antiseptic wipes	☐	☐	☐
Medical grade, non-latex gloves	☐	☐	☐
Cold pack	☐	☐	☐
Scissors (Small)	☐	☐	☐
Tweezer	☐	☐	☐
Assorted sizes of safety pins	☐	☐	☐
Cotton wool	☐	☐	☐
Thermometer	☐	☐	☐
Petroleum jelly or other lubricant	☐	☐	☐
Sunscreen	☐	☐	☐
Insect repellent	☐	☐	☐
Antibacterial ointment	☐	☐	☐
Pain reliever	☐	☐	☐
Anti-diarrhoea medication	☐	☐	☐
Antacid (For upset stomach)	☐	☐	☐
Laxative	☐	☐	☐
Vitamins	☐	☐	☐
Dentures and cleaning solution	☐	☐	☐
Extra eyeglasses/contact lenses and cleaning solution	☐	☐	☐
Hearing aid and extra batteries	☐	☐	☐
Medical support equipment (Wheelchairs - extra battery if motorized, walkers, canes, dressings, oxygen and tubes, feeding equipment, etc). Label all equipment with your name	☐	☐	☐
Prescription medication	☐	☐	☐



Sanitation and Hygiene Supplies

Toilet paper, towelettes, body wipes, soap, hand sanitizer	☐
Washcloth and towel	☐
Toothpaste and toothbrushes	☐
Shampoo, comb and brush	☐
Deodorant	☐
Razor, Shaving cream	☐
Lip balm	☐
Heavy-duty plastic garbage bags and ties for personal sanitation use and toilet paper	☐
Medium-sized plastic bucket with tight lid	☐
Disinfectant	☐
Sanitary napkins, diapers and other disposable incontinence supplies	☐
Mirror	☐

Equipment and Tools

Portable, battery-powered radio or television and extra batteries	☐
Booster and jumper cables for vehicle	☐
Flashlight and extra batteries	☐
A battery-operated lantern	☐
Signal flare	☐
Waterproof matches or matches in a waterproof container	☐
Shut-off wrench, pliers, shovel, and other pertinent tools	☐
Duct tape and scissors	☐
Plastic sheeting	☐
Whistle	☐
Work gloves	☐
Paper, pens and pencils	☐
Small canister, ABC-type fire extinguisher	☐

Kitchen Items

Unscented household liquid bleach to treat drinking water, or water purification tablets (in a sealed plastic bag)	☐
Disposable cups, plates and utensils	☐
All-purpose knife	☐
Manual can opener	☐
Small cooking stove and a can of cooking fuel (if food must be cooked)	☐
Aluminium foil and plastic wrap	☐
Resealable plastic bags	☐

Miscellaneous Items

- Playing cards, games, books
- Toys for kids
- Have enough cash on hand for purchasing key essentials for at least 1 week

Food and Water for at Least 1 week

- Water (1 gallon per person, per day)
- Larger containers of water stored for other use such as cooking and bathing (1 week supply)
- Secured water tanks (500 gallons) are useful
- Ready-to-eat canned meats, fruits, vegetables and soups
- Canned or boxed juices
- High-energy foods (such as peanut butter, nuts jelly, low-sodium crackers, granola bars, dried fruit and trail mix)
- Special foods for persons on special diets
- Snacks and cereals
- Powdered milk

Clothes and Bedding Supplies

- Complete change of clothes
- Extra pair of shoes (Sturdy shoes or boots)
- Rain gear
- Hat
- Extra socks
- Extra underwear
- Folding cot, blankets/sleeping bags and pillows

Important Documents

Items should be stored in a re-sealable bag and in a sturdy plastic container with a lid or if affordable, a fire and flood safe.

- Personal identification
- Credit cards
- Extra set of house keys and car keys
- Photographs of all valuables at your home
- Written instructions for how to turn off electricity, gas and water if authorities advise you to do so
- Birth certificate
- Marriage certificate
- Driver's licence, ID card, passports
- Wills (Including living wills and advance directives)
- Deeds
- Inventory of household goods
- Insurance papers (Property, health and life)
- Immunization records and copies of prescriptions
- Name, phone number, address of your doctors, home health, agency, hospital, pharmacist, caregiver (Also, keep copies posted by all landlines)
- A list of models and serial numbers as well as suppliers for medical equipment such as pacemakers, feeding pumps, home IV units, suction machines, wheelchairs, braille or lower vision equipment, etc.
- Written instructions regarding your medical care
- If applicable, a copy of the pre-admission letter from your doctor stating that you are to be taken to a specific hospital or nursing home
- Bank and credit card account and routing numbers
- Stock and Bond certificates/paperwork
- Emergency contact list (family and friends) with phone numbers and addresses
- Map of the area and phone numbers of places you could go
- Driving instructions and contact information of shelter destination



Pet Supplies

- Extra Food (Store the food in sturdy containers) ☐
- Pet carrier (labelled), leashes, collars, harness, muzzles and toys ☐
- Medications and pet first aid supplies ☐
- Pet's medical /vaccine records and vet contact information ☐
- Two sets of pet ID tags (one on the pet and an extra) ☐
- Pet dishes, litter pan, litter and plastic bags ☐

LPG, Fuel and Lubricants

- LPG cylinder is properly secured i.e. cylinders should be strapped/braced to a wall ☐
- LPG cylinder is refilled and additional cylinder on hand ☐
- Full tank of fuel ☐
- Additional lubricants ☐
- Additional fuel in the appropriate storage containers (secured outdoors) ☐

Home Preparation

- Identify and make the necessary house repairs before the approach of severe weather. ☐
- Clear surroundings (including gutters and waterways) of unsecured objects or secure them. ☐
- Ensure that the fire extinguisher has been serviced and that household members know how to use it. ☐

Shelter Management

Make sure you know the location of at least two hurricane shelters which are near to you and are approved by local authorities.

- Shelters will be arranged according to guidelines provided by local authorities.
- Prepare an emergency go bag of critical items that can be taken to a shelter. Include special needs items for babies, children and the elderly.

