

## **Hurricane Preparedness Checklist (From the St. Petersburg Times)**

One of the biggest lessons of the disastrous 2004 hurricane season was that residents should have enough supplies on hand to survive for at least three days after a hurricane hits. Here's a checklist of the basic items for a disaster supplies kit that will help you survive the first 72 hours:

### **FOOD AND DRINK**

- Drinking water: 1 gallon per person per day.
- Enough nonperishable food for at least the first few days.  
The ideal: two weeks' worth.
- Comfort food (cookies, pastries) to relieve stress.
- Toilet paper, paper towels, plastic tableware and cups, wet wipes, plastic wrap, plastic trash bags.
- Two coolers: one for food, one for ice.
- Manual can opener.

### **HEALTH AND SAFETY**

- A flashlight and batteries for each family member.
- First-aid kit: bandages, antiseptic, tape, compresses, pain relievers, anti-diarrhea, medication, antacid.
- Medication for routine illnesses such as colds.
- Liquid soap, hand sanitizer, wet wipes, toothbrushing pads.
- Water purification kit.
- Two-week supply of medications.
- Fire extinguisher.
- Infant necessities: medicine, diapers, formula, bottles, wipes.

### **MISCELLANEOUS:**

- Cleanup supplies: mop, buckets, towels, disinfectant, bleach, for demolding.
- Camera or camcorder to properly record property before the storm and document damage.
- Extra batteries.

**IF YOU EVACUATE:**

- Pillows, blankets, sleeping bags or air mattresses. Shelters provide no sleeping facilities.
- Folding chairs or cots.
- Extra clothing and shoes.
- Personal hygiene items: tooth-brush, washcloth, deodorant, etc.
- Food, water, ice.
- Prescription medications in their original containers.
- Books, handheld games, cards, toys, needlework.
- Cash. ATMs, credit-card networks might be down.

**EXTRAS YOU MIGHT NOT THINK OF:**

- Fill you car's gas tank.
- Extra eyeglasses; sunglasses.
- Insect repellent.
- Sunscreen.
- Appropriate clothes for after the storm passes: closed-toe shoes, dry socks, rain gear, hat.
- Flat fixer for tires.
- Work gloves.