

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.