

# Hurricane preparedness checklist



## Food and supplies for severe weather

We're here to help you and your family prepare for severe weather. With this checklist, you can ensure that you have the necessary materials on hand at home.

### Key supplies

- Water** – A gallon per person per day. A family of 4 needs 20 gallons for 5 days. Save water in a bathtub for basic sanitation and dishwashing, but do not drink this water.
- First aid kit** – Band aids, bandages, antibiotic ointment, bleach and a medicine dropper so you can create water disinfectant (6 drops of bleach for every gallon of water), hand sanitizer, any necessary medications, hygiene products, and baby products.
- Flashlight** – Each family member should have a flashlight and the correct size of extra batteries.
- Tool kit** – A basic set of tools: hammer, nails, screws, screwdriver, pliers, and knife.
- Sanitation products** – Toilet paper, moist towelettes, and plastic garbage bags in different sizes. You need to keep waste away from your family and other supplies until local services like water and trash have been restored.

### Food

Your family needs to accumulate at least a 5-day supply of nonperishable food that requires no refrigeration and little preparation.

This includes:

- Dry cereal
- Canned goods: fruit, vegetables, juice, soups, meats, pasta, beans
- Nuts
- Peanut butter
- Bread
- Crackers
- Granola and energy bars
- Unrefrigerated fruit: bananas, apples, oranges
- Pet food
- Baby food and bottles
- Rice and pasta
- Pasta sauce
- Seasoning
- Oats

### Other items

- Rain gear
- Paper towels
- Plastic sheeting
- Rope
- Duct tape
- Garbage bags
- Aluminum foil
- Mosquito repellent
- Grill
- Charcoal
- Lighter
- Lighter fluid
- Cash
- Manual can opener
- Large sealable bags to store important documents
- At least 1 fully charged cellular phone
- Strike-anywhere matches
- Resealable sandwich bags
- Hand sanitizer
- Dish soap
- Paper plates and cups
- Plastic utensils
- Pet leash, collar, food bowls and carrier
- Baby diapers, wipes and rash ointment
- Kid activities (coloring books, card and puzzle games, etc.)

### If you lose power, follow this 3-step procedure

1. Eat perishable items in your pantry, refrigerator, etc.
2. Eat perishable items in your freezer. As long as food contains ice crystals in the center, that means it's still safe to eat.
3. Eat your stock of nonperishable items.

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