

# Storm preparedness checklist

## Food and supplies for severe weather

No one wants to think about a hurricane, tornado, or other major storm system visiting your area, but it's better to be prepared to protect your home and family. With this checklist, you can ensure you have the necessary materials on hand at home.

### Key supplies

- Water** – 1 gallon per person per day. For a family of 4 for 5 days, you need 20 gallons. Save water in a bathtub for basic sanitation and dishwashing, but do not drink this water.
- First aid kit** – Bandages, antibiotic ointment, bleach and a medicine dropper so you can create water disinfectant (6 drops of bleach for every 1 gallon of water), hand sanitizer, any necessary medications, hygiene products, and baby products.
- Flashlight** – 1 flashlight per family member 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 five-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
- Un-refrigerated 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 one 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

### 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 non-perishable items.

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