

Hurricane and Disaster Supply Kit

<http://www.tomparrmd.net/Hurricane-Supply-List.pdf>

These contents can be assembled over a five month period on a weekly basis. Clearly mark with date of purchase, and perishable items should be changed or replaced every six months.

It is important to realize that you might need to be able to be self-sufficient (meaning without any outside assistance) for a minimum of two weeks. Recent past history indicates that long-term survival is directly related to individual preparation, rather than reliance on any governmental agency or not-for-profit charity, because they often cannot get to you immediately.

If you are evacuated to a shelter, you need to take bedding, food, water, and sanitary wipes (for personal cleaning) for each family member. Most shelters are only able to give you a secure place to be.....not a "home away from home, all expenses paid."

Essentials:

Cash and coins (Very important if electricity is out. Debit Cards are not the same thing as cash. Traveler's Checks are not a substitute either, but they are a good addition. Traveler's Checks are safer, but not all places will except Traveler's Checks during emergency conditions. You will need cash and coins.)

Battery-operated radio (Portable TV in addition is optional, but not a substitute for a radio)

Flashlights & battery-powered lanterns

Extra batteries to last at least 2 weeks

Do NOT include candles, because candles cause fires after a disaster and the fire departments often cannot help put out a fire because the fire trucks cannot get there or the city water supply may not be working.

Water (for two week supply - 14 days):

14 gallons drinking water per person in a food-grade, plastic container (drinking water can be frozen - best in 1/2 gal containers (to prevent cracking while freezing, freeze 1/3 of the container at a time until full and frozen)

Additional water for sanitation and bathing - 28 gallons per person is recommended, but OK to collect and store in bath tubs and other containers not suitable for drinking water.

Important Family Documents:

(All of these can either be photocopied or digitally scanned and saved electronically. Consider sending a copy to a trusted relative who lives outside the storm area as back-up.)

Important telephone numbers (including family members living at least 150 miles away and someone outside your state who can act as a contact if only out-of-state phone calls can be made)

Record of bank account numbers

Location of all branch banks, both in and out-of-state

Family records (birth, marriage, death certificates)

Copy of passports, social security cards, immunization records

Photographs of real estate to establish condition before storm and efforts taken to protect real estate from damage

Inventory of valuable household goods, including photographs

Copy of will, insurance policies, contracts, deeds, stocks and bonds

Record of credit card account numbers and related phone numbers

Copy of professional licenses.

Photographs of family members, both those with you and those not with you, for identification/location purposes.

Laminate picture and ID information for each child and be able to permanently secure to child's clothing.

Other special photographs

Food:

Minimum two week (14-day) supply per person of nonperishable foods which require no refrigeration or preparation and little or no water.

Dry cereals

Peanut butter

Canned fruits

Canned vegetables

Canned juice

Ready-to-eat canned meats

Ready-to-eat soups (not concentrated)

Quick energy snacks

Graham crackers or cookies

Instant tea or coffee (sugar and powdered creamer, if desired)

Lots of ice (you can freeze your water supply)

If storm is coming, cook items in your freezer and then refreeze. Think about how you can eat these -- can you eat them cold later or can you heat them in a crock pot (if you have a generator?).

For Baby/Toddler:

At least a two week (14-day) supply. You may want to have extra because these items will be in high demand in case of emergency.

Formula
Bottled water (extra if using concentrate or powder)
Pedilite
Baby juices
Baby foods in jars
Baby bottles or toddler cups with drinking lids
Feeding spoons
Dry snack foods sealed in air tight container (such as cheerios and gold fish)
Diapers - LOTS!
Baby wipes or moist towelettes
Special medications
Sunscreen for babies
Netting for crib to keep insects away from baby

For Pets:

At least a two week (14-day) supply per pet, but remember that food and supplies for people will come into the area ahead of for pets. You may want to consider having more available, depending upon your circumstances and upon your pet.

Newspapers or cat litter
Moist canned foods (to preserve water)
Drinking water (in addition to water saved for people)
Plastic sheets to cover floor of pet's room
Pet carrier/crate (attach laminated picture, ID, shot record, health info., vet contact info. to carrier/crate)
Leash, harness
Records of vaccinations
Non-tippable food and water containers
Microchip pets in case they get separated from you.

Family Medical Needs:

Unless medicine must be refrigerated, store in a plastic sealed baggie in cool, dry, dark location.

Insulin and related supplies
Heart and high blood pressure medication
Prescription drugs - other
Detailed list of medical history, allergies, and current prescription medications (by name, size, and dosage) for each member of the family.
Denture needs
Extra eye glasses, Contact lenses and supplies
Sunscreen protection, Insect repellent

Non-Prescription Drugs:

Aspirin or non-aspirin pain reliever

Antihistamine & Decongestant (allergies, insects bad a few days after storm)

Laxative, Anti-diarrhea medication, Antacid (for stomach upset)

Activated Charcoal (use if advised by the Poison Control Center)

Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)

For Daily Survival Use:

City/County Map (for locating shelters and/or PODS - points of distribution for emergency supplies)

State Map (for locating alternate routes)

Wind-up or battery-operated clock

Cell phone with text messaging capacity.

Alternate way to recharge cell phone battery (additional batteries, automobile charger, back-up battery supply)

Generator (small or medium) - READ DIRECTIONS BEFORE STORM TO BE SURE YOU KNOW HOW TO OPERATE. If it has been used before, take it to have it serviced for the season. When in operation, generators must be used outside away from doors and windows. Do not operate during rain. (HINT: Can keep plywood over window with small hole drilled to put extension cord through.)

Extra gasoline in proper gasoline storage containers.

(Do NOT store in house. Do NOT store near any open flame, such as hot water heater. Do NOT store inside automobile. USE ONLY APPROVED GASOLINE STORAGE CONTAINERS, AND PUT ON THE GROUND TO FILL. DO NOT FILL WHILE STILL SITTING IN THE CAR OR TRUCK. Will need about 8-12 gal. of gasoline for generator per day - must purchase gasoline just before storm because gas pumps cannot operate without electricity.)

Strong chain and lock to secure generator.

Outdoor extension cords (to connect generator to refrigerator, etc - measure the distances needed to be sure you have enough outdoor extension cords to run through the house where you will want them, including outdoor adapters, if needed. In other words, plan ahead.)

Small window air conditioner unit (with generator, it provides a safer, more comfortable environment, especially if infants, children, elderly or special needs individuals are staying with you.)

Crock Pot (with generator, you can easily cook or heat food.)

Small Coffee Pot (very nice to have with generator, if you are a coffee drinker.)

Clothes line rope and clothes pens

Sanitation:

Baby wipes/Wet Ones for personal hygiene cleaning - (hard to have too many of these if running water is not safe)

Disinfectants

Household chlorine bleach

Hand soap

Liquid dish soap and laundry detergent

Personal hygiene items

Feminine supplies

Plastic bucket with tight lid

Toilet paper & paper towels - for extended power outage, hard to have too much of these!

Plastic garbage bags, ties - variety of sized (be sure some appropriately fit the bucket for personal sanitation uses)

First Aid Kit:

(consider one for your home and one for the car)

Scissors

Sun screen

Thermometer

Tweezers

Needle

Antibacterial cleansing agent/soap

Medicine dropper

Latex or rubber gloves (2 pairs)

Tongue blades (2)

Moistened towelettes

Assorted sizes of safety pins

Adhesive tape

2" sterile gauze pads (4-6)

4" sterile gauze pads (4-6)

3" sterile roller bandages

Tube of petroleum jelly or other lubricant

Sterile adhesive bandages in assorted sizes

Clothing and Bedding:

Sunglasses

Rain gear

Hat and work gloves

Sturdy shoes or work boots (flip-flops are not safe in storm conditions)

Pillows, blankets, or sleeping bags

At least one complete change of clothing and footwear per person

Entertainment:

Games and books

A couple of special toys for each child (choose "quiet" toys if staying in shelter)

Tools and Supplies for Emergencies:

2+ Fire extinguishers -(one to keep near generator and at least one in the house)

Shut-off wrench, to turn off household gas and water

Whistle

Compass

Small notebook and pen/pencil

Signal flares

Tools and Supplies for Repairs:

Work gloves for all at your home who will be helping clean up, including any children able to help.

Sturdy shoes or work boots for all family members - (flip-flops not safe in storm and recovery conditions)

Crowbar

Plastic sheeting

Strips of sturdy wood (to hold the plastic on the roof)

Assorted nails, wood screws

Roofing nails and discs

Liquid Rubber - paint can or spray (can use to seal leaks)

Pliers, screwdriver, hammer

Plastic storage containers

Heavy cotton or hemp rope

Tape, duct and plumber's tape or strap iron

Hand sewing kit

Patch kit and can of seal-in-air for tires

Plenty of absorbent towels

Plastic trash bags - heavy duty

Can of spray paint (can be used to identify your home by insurance adjusters in case it's damaged)

Saws - chain saw, hand saw, etc.

To make ice for yourself and neighbors:

Thoroughly wash out milk cartons and let dry completely inside. Store in sealed plastic bags (such as in attic). Save throughout the year. By having these containers during the recovery phase, along with a generator and a refrigerator or freezer, you can make block ice for yourself and your neighbors. Unless cleaned with bleach before use, this is not a source for safe drinking water, however.

Tools and Supplies for food preparation:

Paper cups, plates and plastic utensils

(Don't want to use precious water washing dishes)

Non-electric can opener

Aluminum foil

Grill (either charcoal or gas)

Charcoal

Extra propane gas for grills (Use grills outside only!)

Matches in a waterproof container or flame starter

Utility knife

Self-sealing plastic bags (all sizes)

Portable cooler (1 or more)

Days before storm arrives:

1.) KEEP YOUR GAS TANKS FULL!

2.) Make a list of all things you want done in the next two weeks which use electricity or water - such as baking, vacuuming, and laundry. DO THEM! This will be your last chance for awhile.

3.) Add to your list above all the things you still need to tend to, such as purchasing supplies and gasoline and preparing your generator.

4.) Clean out your refrigerator and freezer, making room for water and other items you will need/want during the storm recovery.

5.) Plan your menus. This way, you will be able to buy all the items you will need and not run short during the recovery period. The first days, use the food in the refrigerator and freezer. Then move to the nonperishable foods for the duration of the recovery period. A little creativity in menu planning can make the recovery period much easier on all.

6.) Secure your property. Outside, protect all windows with shutters or plywood. Tie down objects that could become projectiles in high winds.

7.) Clean out and otherwise prepare your safe room....won't have time at the last minute.

8.) Make plans to bring all your pets into the house. Secure your other animals, such as livestock and horses out of flood zones and where they can seek shelter during the storm.

9.) Start talking to your children about events that are going to happen in the next few days. Be positive and do your best not to convey any fear you might have personally. Explain that you are going to have a "camp out" indoors. Explain that you are going to clean out your "safe room" and everyone is going to be there during the storm because this is where they will be safe. Make it become a fun adventure for your children. Let your children choose one special toy to take with them into the safe room.

Tree Preparation:

Have your trees trimmed every Spring and have a professional check for diseased trees on your property. Remove diseased trees from your so they won't end up damaging your house or car in heavy winds. Remove pine trees so they won't become "arrows" through your house during a storm.

Driving Rain Preparations:

In addition to protecting windows with shutters/plywood, rain can be forced into the home through cracks in the doors and windows. If you are likely to have driving winds and rain in the storm, you can use masking tape to seal the cracks around doors and windows, inside and out. You may have to repaint after removing the masking tape, but you will be less likely to have to replace carpet or wood flooring which would get wet during the storm. This won't help protect against flooding, but it will help with driving rain being blown in through the cracks and under the doors.

Generator Preparations:

At the beginning of the season, have your generator serviced. Once your power comes back on and before storing the generator for another time, follow the instructions in your owner's manual for conditioning the generator for storage.

Washing Clothes During Prolonged Recovery:

If you have a good generator, clothes line rope, clothes pens, and safe running water, you can unplug the refrigerator long enough to do a load of clothes in the washing machine. For most generators, you will not be able to use the dryer, but you can string clothes line rope outside and hand up clothes to dry.

Protecting Windows, Doorways, and Garage Doors:

If you don't have storm shutters, plywood and hurricane clips (such as PLYLOC) can be used to cover the windows and doors for brick structures. Plywood and screws can be used to protect windows and doorways of wooden or concrete structures. Once windows and doors are secure, the garage door becomes the most vulnerable part of the house. There are a number of ways to secure the garage door, but if nothing else, you can put plywood against the inside of the door and CAREFULLY back the car against the plywood.

Tetanus Shots:

Make certain all family members are current on tetanus shots. This is very important for potential injuries during the storm recovery period.

Preparing the refrigerator for evacuation:

Another refrigerator tip for those evacuating...if you place whatever you are leaving in your refrigerator/freezer in plastic garbage bags before you go you will have a much easier cleanup when you get back. If your power stays on then just take the stuff back out of the bags. You haven't lived until you have had to clean rotten food out of your fridge.