



## WATER & FOOD

- ☐ At least 1 gallon per person per day (minimum 3 days)
- ☐ Non-perishable food (3-day supply minimum)

**EXAMPLE** Canned goods (soups, fruits, veggies, meats)  
Nut butters, protein bars, trail mix  
Baby food/formula if needed  
Manual can opener

## POWER & LIGHTING

- ☐ Flashlights (LED recommended)
- ☐ Battery-powered lanterns
- ☐ Extra batteries (AA, C, D)
- ☐ Portable power banks for phones
- ☐ Gasoline (stored safely in approved containers)

## COMMUNICATION

- ☐ Battery-powered or hand-crank NOAA weather radio
- ☐ Extra phone chargers (preferably portable or solar)

## FIRST AID & MEDICATION

- ☐ First aid kit
- ☐ Prescription medications (2-week supply)
- ☐ Over-the-counter pain relievers, antiseptics, bandages

## COMFORT ITEMS

- ☐ Books, games, toys (especially for kids)
- ☐ Blankets, pillows

## CASH

- ☐ Small denominations; ATMs may be down

## PERSONAL & SANITATION

- ☐ Toilet paper, paper towels
- ☐ Moist towelettes or baby wipes
- ☐ Garbage bags & ties
- ☐ Personal hygiene items (toothbrush, soap, deodorant)
- ☐ Feminine hygiene products

## SAFETY & TOOLS

- ☐ Multi-tool or basic tool kit
- ☐ Duct tape
- ☐ Plastic sheeting/tarps
- ☐ Rope or paracord
- ☐ Work gloves
- ☐ Fire extinguisher

## IMPORTANT DOCUMENTS

- ☐ Insurance papers
- ☐ Identification
- ☐ Bank account info
- ☐ Emergency numbers
- ☐ Medical records

## PET SUPPLIES

- ☐ 1-2 Weeks of Food
- ☐ Leash, Collar & ID tag
- ☐ Crate / Carrier & Puppy Pads

## FUEL YOUR VEHICLE

- ☐ Keep gas tank full in advance of storms

CHECK OUT OUR BLOG FOR THE  
PRINTABLE VERSION!

## Helpful Resources

**National Hurricane Center**  
**Florida Hurricane Prep**  
**Florida Division of Emergency  
Management**

**NHC.NOAA.Gov**  
**Ready.Gov/Hurricanes**  
**FloridaDisaster.Org**

**UniversalRestoration.Net**