



Hurricane Preparedness & Survival Guide



Preparedness List for Food, First Aid & More

Food List

- 1 Gal of drinking water per day per person
- Dry cereal
- Canned fruits
- Canned vegetables
- Canned juice
- Canned Soups
- Canned ham, tuna, salmon, chicken, or turkey
- Canned stew/ravioli/meats
- Canned pasta
- Canned beans
- Peanut Butter
- Jelly/Jam
- Bread
- Bananas
- Apples
- Oranges
- Crackers
- Nuts and trail mixes
- Granola and energy bars
- Cookies
- Instant soup mixes
- Jerky, Dried Beef and Dried Sausage
- Rice
- Pasta
- Pasta Sauce
- Seasoning
- Oats
- Freeze-Dried Food Pouches
- Ramen Noodles
- Condiments
- Macaroni and Cheese
- _____
- _____
- _____
- _____

Baby Supplies

- Diapers
- Wipes
- Formula or baby food
- Bottles
- Rash ointment
- Medications
- Extra Blankets
- Moist Towelettes
- Antiseptic wipes
- _____
- _____
- _____
- _____
- _____
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- _____

Supplies:

- Portable Power Generator to help keep you and your family going when the power goes out. Consider a quiet, dependable, fuel-efficient Honda generator. Call 954-364-3289 for Info. .
- Manual can opener
- Paper towels
- Dish soap
- Aluminum foil
- Paper plates and cups
- Plastic utensils
- Plastic garbage bags, ties
- Plastic bucket with tight lid
- Ice Chest
- Soap, liquid detergent
- Strike-anywhere matches
- Food storage bags or containers
- Grill
- Charcoal
- Lighter
- Lighter fluid
- Flashlight
- Extra Batteries
- Rope
- Rain gear
- Plastic sheeting
- Disinfectant
- Household chlorine bleach
- Basic tool kit
- Toilet Plunger
- _____
- _____
- _____

Personal Items

- Personal hygiene items
- Toothbrush/toothpaste
- Toilet paper
- Kleenex
- Moist towelettes
- Mosquito Repellent
- Feminine supplies
- Medications/Prescriptions
- _____
- _____
- _____
- _____

Other:

- Cash
- Important documents
- Fully-charged cell phone
- USB Battery for cell phone charging
- Fill Vehicles with Gas
- Fill portable gas tank for generator
- Test start/run generator
- _____
- _____
- _____
- _____

First Aid Kit - Suggested Supplies:

- Adhesive bandages, various sizes
- 5" x 9" sterile dressing
- Conforming roller gauze bandage
- Triangular bandages
- 3 x 3 sterile gauze pads
- 4 x 4 sterile gauze pads
- Roll of 3" cohesive bandage
- Germicidal hand wipes or waterless alcohol based hand sanitizer
- Antiseptic wipes
- Two pair large medical grade non-latex gloves
- Medical adhesive tape, 2" width
- Anti-bacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier, such as a dust mask
- NON-PRESCRIPTION DRUGS - Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Laxative
- Hydrogen Peroxide
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- _____
- _____
- _____
- _____
- _____
- _____

