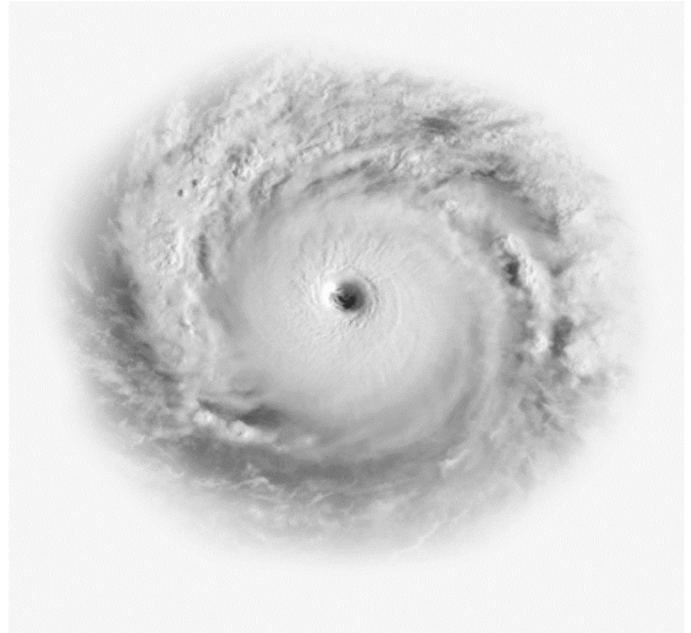


# HURRICANE CHECKLIST

By Mark Nickerson [nickpvb@outlook.com](mailto:nickpvb@outlook.com) | June 20, 2023 | <https://dcpvb.com/weather>

## BASIC ITEMS

- Water - One gallon per person per day for 7 days
- Non-perishable foods / Manual can opener
- Specialty Items such as baby food, formula and diapers for infants; Depends for elderly; diabetic diet foods should also be included.
- Prescriptions / Medications
- Clothing - Including rain gear and sturdy shoes
- Sanitation Supplies - wipes, garbage bags
- Personal Hygiene Items
- First Aid Kit (see below)
- Flashlights and extra batteries
- Radio - Battery or hand crank operated
- Electronics - Phone, tablet, laptop, chargers, cables, battery pack
- Cash - Banks and ATM's may not be available
- Pet Supplies - 7 days of food, water and medications for pets
- Any additional items your family may need



## DOCUMENTS

- *Bring all documents that are difficult or impossible to replace if lost or destroyed*

- Driver's License / Picture ID / State Issued ID
- Cash / Credit cards / Debit cards
- Important telephone numbers and emergency contacts
- Medical Records
- Prescription information - medication, dosage, refills
- Doctors' names and telephone numbers
- Insurance Documents
- Business, Home, Flood, Vehicle policy numbers, policy types, household inventory, photos, video
- Banking / Creditor information and contact numbers
- Documents
- Adoption, death, divorce, marriage certificates, copies of wills, home, property, vehicle titles

In addition to above items:

## IF EVACUATING

- Paper Road Maps
- Jumper Cables / Tire Repair Kit
- Fire Extinguisher
- Blankets, Sleeping Bags, Pillows
- Toiletries

## IF SHELTERING IN PLACE

- Extra Baby Supplies
- Fire Extinguisher
- Fill tub with water
- Porta-Pot

# HURRICANE CHECKLIST

By Mark Nickerson [nickpvb@outlook.com](mailto:nickpvb@outlook.com) | June 20, 2023 | <https://dcpvb.com/weather>

## IF GOING TO SHELTER

Cot or air mattress, blankets, sheets and pillows. There are no cots or bedding at general shelters.

- Drinks and snack foods suggested between meals. Bring specialized foods, if required.
- 7-day supply of medications & supplies. If diabetic on insulin, bring a small cooler for your insulin (or any refrigerated medications).
- Baby food and diapers for infants
- Toiletries: Brush, deodorant, soap, towel, wash cloth, shampoo, shaving gear, toothbrush/paste.
- Extra clothing, rain gear, closed toe shoes
- Eye glasses, hearing aids, batteries

- Cane, walker, wheelchair
- Cards, toys, games, books, magazines, etc.
- Phones, laptops, tablets, charging cables

## PET SHELTER KIT

- Medications your pet requires
- Appropriately sized crate / carrier and bedding
- Food, water and bowls
- Collar, leash, harness - and muzzle if needed
- Pet meds and first aid kit for your pet
- Pet comfort items such as blankets and toys
- Current picture of you and your pet together
- Label all pet supplies with your name, address and phone number

## SPECIAL MEDICAL NEEDS SHELTERS

Begin by gathering the basic shelter supplies found on the General Shelter Supply List. Then, depending on your medical needs, bring any of the following items you will need:

*IMPORTANT NOTE - Special Medical Needs Shelter is not a hospital or nursing home. It's not for people who need 24-hour care, who require hospital beds, ventilators, or have other complex medical needs. If you require complex medical care you should plan to stay at a specialized facility outside the evacuation area.*

- Cane / Walker / Wheelchair / Electric Convenience Vehicle (ECV)
- Extra battery and / or converter for charging ECV
- Hearing / Speech / Visual Impairments
- Extra batteries for hearing aids
- Pencil and paper for communicating emergency information
- Medical Alert Bracelets / Tags
- A written description of your needs if you are unable to describe them in an emergency
- All medical equipment you use regularly must be brought with you to the Shelter
- BiPaps, CPAPs, nebulizers, oxygen concentrator and / or tanks
- Catheter supplies, ostomy supplies
- Prescriptions and a list of all your current medications
- Identification labels should be put on all medical equipment (nebulizers, oxygen, walkers, wheelchairs, etc.) you take with you to the shelter.

# HURRICANE CHECKLIST

By Mark Nickerson [nickpvb@outlook.com](mailto:nickpvb@outlook.com) | June 20, 2023 | <https://dcpvb.com/weather>

## MAYO CLINIC FIRST AID KIT

### BASIC SUPPLIES

- Adhesive tape
- Elastic wrap bandages
- Bandage strips and "butterfly" bandages in assorted sizes
- Super glue
- Rubber tourniquet or 16 French catheter
- Nonstick sterile bandages and roller gauze in assorted sizes
- Eye shield or pad
- Large triangular bandage (may be used a sling)
- Aluminum finger splint
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable nonlatex exam gloves, several pairs
- Duct tape
- Petroleum jelly or other lubricant
- Plastic bags, assorted sizes
- Safety pins in assorted sizes
- Scissors and tweezers
- Hand sanitizer
- Antibiotic ointment
- Antiseptic solution and towelettes

- Eyewash solution
- Thermometer
- Turkey baster or other bulb suction device for flushing wounds
- Sterile saline for irrigation, flushing
- Breathing barrier (surgical mask)
- Syringe, medicine cup or spoon
- First-aid manual
- Hydrogen peroxide to disinfect

### MEDICATIONS

- Aloe vera gel
- Calamine lotion
- Anti-diarrhea medication
- Laxative
- Antacids
- Antihistamine, such as diphenhydramine
- Hydrocortisone cream
- Cough and cold medications
- Personal meds that don't need refrigeration
- If prescribed an auto-injector of epinephrine
- Pain relievers, such as acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others)

