HURRICANE PREPAREDNESS

Reduce your risk of injury and damage in a tropical storm or hurricane by planning ahead.

Keep these supplies in a kit in a designated place and have it transportable and ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

WATER

(One gallon per person per day for 3 days for drinking and sanitation)
When storing water it is best to use food-grade water storage containers.

- Has a top that can be closed tightly
- Is made of durable, unbreakable materials (i.e., not glass)
- If possible, use a container with a narrow neck or opening so water can be poured out.

FOOD

(at least a 3 day supply of non-perishable food) Fueling your body in emergency situations is much different from your everyday diet. You will probably expend more energy than you normally would. You should eat high-energy, high-protein foods.

• Peanut Butter	• Protein Bars	• Canned Soups	• Rice
• Beef Jerky	• Canned Fruits	• Salt & Pepper	• Crackers
• Beans	• Canned Vegetables	• Pasta	• Dried Fruits

HELPFUL TIPS

Coast lines have had to adapt and familiarize themselves with insider tips to prepare and endure a hurricane, here are a few we recommend.

- Fill your tubs with water and have a bucket in each bathroom to help flush toilets and wash dishes.
- Get all outdoor furniture and equipment inside to prevent loss and additional damage.
- If you need a place to keep things cold, fill your washing machine with ice and stock your chilled items.
- Use waterproof bags to store important documents and medicines.
- Lock all doors, lower all shades and board up windows.
- Fill your vehicle with gas before the storm comes in.
- Never try to drive through flood waters.
- If you need water, places like Whole Foods will fill your container with their filtered water, but it must have the amount of water it can hold on the container.

TOOLS & UTENSILS

Without access to stores, keeping these utensils on hand and accessible during a hurricane is crucial.

- Manual can opener (for food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Cell phone with chargers and a backup battery
- Feminine supplies and personal hygiene items
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Complete change of clothing appropriate for your climate and sturdy shoes