

Hurricane preparedness kit checklist



Understanding the risks of severe weather and evaluating your preparedness are key steps to protecting yourself and your loved ones year-round. One of the most critical steps in preparing for a hurricane is assembling a hurricane preparedness kit that is easily accessible and should have everything you need to sustain yourself during a storm and its aftermath. Although you may need to customize your supply kit based on your specific needs, the following checklist is a great way to start.

General

- Two week minimum supply of medication, regularly used medical supplies and a list of allergies
- A list of the style, serial number and manufacturer information of required medical devices
- Batteries
- Flashlights (Do not use candles)
- NOAA Weather Radio Battery operated or hand cranked
- Cash (Banks and ATMs may not be available after a storm)
- Cell phone chargers
- Books, games, puzzles or other activities for children

Phone numbers

- County emergency management office
- Evacuation sites
- Doctors
- Banks
- Schools
- Veterinarian
- A number for out of town contacts, friends and family

Clothing

- Rain gear such as jackets, hats, umbrellas and rain boots
- Sturdy shoes or boots and work gloves

Special needs items

- Specialty items for infants, small children, the elderly and family members with disabilities

First aid

- First aid manual
- Sterile adhesive bandages of different sizes
- Sterile gauze pads
- Hypoallergenic adhesive tape
- Scissors
- Tweezers
- Moistened towelettes
- Antiseptic
- Disinfectant wipes
- Hand sanitizer
- Thermometer
- Petroleum jelly
- Antibacterial soap
- Non-latex gloves
- Sunscreen
- Ibuprofen/acetaminophen/aspirin
- Antacids and anti-diarrheal medication
- Cotton balls
- Q-tips

Pet care items

- Pet food and water to last at least 7 days
- Proper identification
- Medical records/microchip information
- A carrier or cage
- Muzzle and leash
- Water and food bowls
- Medications
- Supplies for your service animal

Important documents

- Insurance cards
 - Medical records
 - Banking information
 - Credit card numbers
 - Copies of social security cards
 - Copies of birth and/or marriage certificates
 - Other personal documents
 - Set of car, house and office keys
 - Service animal I.D., veterinary records and proof of ownership
 - Information about where you receive medication, the name of the drug and dosage
 - Copy of will
- *Items should be kept in a water proof container

Vehicle

- Keep your motor vehicle tanks filled with gasoline

Food and water

- Food (non-perishable packaged or canned food and beverages, snack foods, juices, baby food and any special dietary items to last at least 7 days)
- Water (1 gallon per person per day)
- Non-electric can opener
- Paper plates
- Napkins
- Plastic cups
- Utensils

We're here for you

Frost Insurance cares about keeping you and your family safe and protected during severe weather. For more information, scan the QR code or call us at (866) 227-2099.



Insurance services are offered through **Frost Insurance Agency, Inc.**, a licensed insurance agency. Frost Insurance Agency, Inc. is a subsidiary of **Frost Bank**.

Investment and Insurance Products Are: Not FDIC Insured | Not Insured by Any Federal Government Agency | Not a Deposit or Obligation of, or Guaranteed by, Frost Bank, or Any of its Affiliates | Subject to Investment Risks, including Possible Loss of the Principal Amount Invested