

# ARE YOU PREPARED?



## Hurricane Supply Checklist for Seniors



**IT'S TIME TO TAKE ACTION**  
Preparation is key to eliminating  
anxiety associated with change.

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# HURRICANE SUPPLY CHECKLIST

Senior specific items to consider when preparing for a hurricane.

## SUPPLIES

- Water (1 gallon per person per day, for three days)
- Flashlight and batteries
- Battery or crank powered NOAA weather radio
- At least two weeks supply of medication, medical supplies used regularly and a list of allergies
- Information about where you receive medication, the name of the drug and dosage
- Medical records and primary care physician contact information
- Extra oxygen tanks with battery back up
- Extra hearing aid batteries
- Insulin and extra syringes
- Frozen ice packs
- Wheelchairs, walkers and canes
- List of the style, serial number and manufacturer information of needed medical devices
- Cellphone chargers and battery backups

## FIRST AID KIT

- First Aid Manual
- Sterile adhesive bandages
- Sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- Scissors
- Tweezers
- Sewing needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tube of petroleum jelly
- Safety pins
- Soap
- Latex gloves
- Sunscreen
- Aspirin or other pain relievers
- Anti-diarrhea medicine
- Antacid
- Laxative
- Activated charcoal

## DOCUMENTS

- Insurance cards
  - Medical records
  - Bank numbers
  - Credit card numbers
  - Copy of social security card
- Copies of birth and/or marriage certificates
- Set of car, house, and office keys. Items should be kept in a water proof container

## CLOTHING

- Seasonal clothing
- Rain gear
- Sturdy shoes/ Boots

## PET ITEMS

- If your family has a pet be sure to include pet food, water, proper identification, medical records, a carrier or cage, muzzle and leash, water and food bowls, and medications.

## FOOD

- Enough for at least three (3) to seven (7) days, nonperishable packaged or canned food and beverages, snack foods, juices, baby food, and any special dietary needs.
- Non-electric can opener, paper plates, napkins, plastic cups, utensils



*To us, it's personal.*  
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