

Hurricane Preparedness Checklist

Medical & First Aid

- Premade kits and top off with:
- Thermometer, antiseptic, peroxide
- Anti-itch creams, gloves, safety pins
- Cotton swabs
- 2-4 weeks of prescriptions
include prescription #s and instructions
- Eyeglass, lens solutions, hearing aid misc
- Scissors, tape, blood clot powder
- Variety of bandages
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Over-the-Counter Meds:

- Pain reliever (aspirin or non-aspirin)
- Anti-diarrhea meds
- Antacid, laxative, activated charcoal
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Food & Eating Supplies:

- Non-electric can opener
- Paper cups, plates, napkins, plastic utensils
- Aluminum foil
- Plastic ziplock storage bags
- long-term food kits, Dehydrated not MREs, require clean, boiled water adjust water supply.
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Water & Hydration

- 1 gallon per person per day (4–5 days), plus pets
- Collapsible water bottles ([Amazon](#))
- ZeroWater pitcher (easier to pour)
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Emergency Gear:

- Emergency preparedness manual
- Emergency weather radio
- Extra batteries
- Whistle, signal flare, compass
- Lighter or Lighter sticks
- Church key / Shut-off wrench (for gas / water)
- Utility knife, pliers, duct tape
- Rain ponchos (one per person)
- Sharpie markers
- Glow sticks to wear in the dark
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Toiletries & Sanitation:

- Wet wipes, garbage bags, pet potty pads
- Feminine hygiene products
- Travel-size toothpaste, toothbrushes, body soap
- Portable toilet or toilet supplies
- Pool noodle (used for toilet setup or seating)



Post-Storm Recovery Kit

Cleanup & Home Repair:

- Tarp, duct tape (roof/window damage, ground cover)
- Multi-tool, hammer, nails,
- Wrench or pliers (utility shut-off), retractable blade
- Zip ties, work gloves
- Contractor construction garbage bags
- Shop paper towels
- Plastic sheeting, twine, clothes pins
- Box fan (buying a second one this year)
- Bungee cords
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Sanitation & Cleaning:

- Garbage bags, twist ties
- Disinfectant, chlorine bleach spray*
- Hydrogen peroxide (spray bottle)*, Dawn dish soap
- Bug repellent, hand sanitizer
- Disinfecting wipes
- 1–2 scrub brushes, scrub sponges
- Outdoor house wash (like Mold Armor)

Tips:

- Keep a printed copy of this in your Emergency kit bin.
- If spared, bring cardboard boxes and post kit items to friends/neighbors in need.
- *These are seasonal purchases—but I pull from them as needed. Keeping them in one box or shelf makes storm prep faster and less stressful.
- Dehydrated food choice for us, we ordered 72-hour kits from several places, and the best mac and cheese won! Yay - [4Patriots](#).

- Industrial spray bottle

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First Aid & Safety:

- Cold compresses (single-use)
- N95 or KN95 masks (mold, dust)
- Protective gloves (plastic + yard work style)
- Eye protection
- Sewing kit (for fabrics or minor medical needs)
- Bug spray or wipes
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Shelter & Clothing:

- Blanket/sleeping bag per person
- Blanket + pillow in dry, sealed container
- Heavy-duty clothing (waterproof jacket, pants)
- Work shoes or boots, ponchos/raincoats
- Extra shoelaces
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Storm Staging Areas

When a storm is approaching, I activate two key zones for preparation and response:

a **Command Center** inside the home and a **Command Outpost** just outside—but not within any main living areas. This system keeps me organized and minimizes last-minute scrambling.



Command Center (Indoors)

This is our home base during the storm. It's where we gather essentials for communication, comfort, and documentation. I pull together key items from around the house and stage them near our safe zone so we're ready, not rushed

Gather from Around the Home:

- Paper towels
- Money: Cash and/or change
- Emergency Kit
- Post Storm Kit
- All emergency food bins
- Small fire extinguisher (ABC type)
- Flashlights – handheld and headlamp style
- LED candles
- Rechargeable lights ([link](#))
- Protective eyewear
- Solar-powered yard lights (my dad brings these in—they light up the home beautifully at night)
- ICE (In Case of Emergency) book with contacts and instructions
- Copies of documents stored in a waterproof pouch:
 - Insurance policies
 - Identification (driver's license, social security cards)
 - Medical records
 - Pet vaccination certificates
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Communications & Power:

- NOAA weather radio (battery or hand-crank, with extra batteries)
- Portable phone charger or power bank—tailor this to your staying vs. evacuating plan
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Command Outpost (Outdoors / Garage)

This is where we stage all tools and supplies for damage response, tarp work, and neighborly help. It's just outside the main living space—like the garage, carport, or covered porch—but still close enough to access safely after the storm.

If you're the DIY type, you probably already own most of these. The key is to organize and position them where they're easy to grab but least likely to be damaged during the storm. This zone helps reduce clutter inside the home while keeping your response supplies ready and reliable.

Tools & Gear to Stage:

- Fully charged power tools, including:
 - Ryobi sawzall
 - Ryobi circular saw
 - Chainsaw, with bar and chain oil
- Extension cords (from generator to key locations like the fridge, fish tank, and living room)
- Power strip in the living room for Wi-Fi and a general recharging station
- Hammer
- shovel, broom
- Duct tape
- Large blue tarps
- Bungee cords
- Other outdoor/mechanical essentials you may need to grab quickly
- Generator, propane and gas stored away from all living areas but still protected as best as possible.
- Before we had a gas grill, we'd store extra charcoal for hurricane season
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Hurricane Season Readiness:

At the Start of Hurricane Season

- Review and restock all bins (Emergency, Evacuation, Post-Storm)
- Check flashlight batteries and device chargers
- Test generator and power tools
- Confirm insurance coverage and take photos of all rooms/valuables
- Create or update printed ICE documents
- Stock on my pantry and pet food items you would want but may not be able to get if a direct hit occurred.
- Verify shelter locations and family meeting spots
- Replenish propane, gas, and water containers
- Print a fresh copy of all checklists and tape one inside each bin lid

As the Storm Approaches

72 Hours Out:

- Prep the Outside & Set Your Outpost Take time to secure your property—bring in or tie down anything that might fly, and make space for what you'll need after the storm. Set up your Command Outpost somewhere safe and dry (but not inside your living space), with tools ready for clean-up, quick fixes, and helping neighbors when it's safe.
- Review supply bins, charge power banks, restock as needed
- Begin checking forecasts daily for storm track updates
- Test generator and tools
- Start rotating frozen water jugs into the freezer
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48 Hours Out:

- Keep your morning routine, prayer, and scripture more significant than ever
- Prioritize any remaining grocery shopping
- Fill water bottles
- Secure and bring in all outdoor items
- Set up your Command Center in the most secure interior room of your home
- Finish laundry, dishes, and refueling all vehicles
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24 hours out:

- Get as much sleep as you can the night before
- Fully charge all devices
- Confirm ICE documents and evacuation bags are ready
- Alert family or group text chain of your current status
- Recheck staging zones one last time
- Fill Bathtub with water
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Prepping the Inside & Its Belongings:

Before deciding to stay, know your risk. I live in a flood zone where a 17-foot storm surge would breach our home. If there's even a chance that water could get inside, seriously consider evacuating.

If you do choose to stay—or simply want to minimize potential loss—these steps can help protect your belongings and make recovery easier.

- Drape curtains up and over their rods
- Unplug everything that can be
- Ensure all clothes in closets and drawers are above 2" from the floor
- Elevate and secure valuables—not just up, but **anchored**. Water can shift and destroy what isn't tied down
- Accept that mattresses may be sacrificed, or will it? I'm actually realizing I could have placed a tarp under my mattress.

Evacuation Checklist

General Supplies:

- List of shelters and emergency contacts
- Toiletries
- Bedding
- Sturdy shoes or work boots
- Rain gear
- Change of clothes + several days of underwear & socks
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Food Prep for Evacuation:

- Whether at someone's home, a hotel or a shelter don't arrive empty handed
- Bring food for you for at least 4 days.
- Include disposable bowls, utensils

For Pets:

- Pet crate or travel carrier
- Extra potty pads, Ziploc bags for waste
- Pet food (3–5 days), dishes, medications



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