

## Hurricane Supplies Checklist – by FPL

### Medical supplies

- Arrange for a one-month supply of all medications. Contact your doctor and pharmacy early. Also, ask your doctor about how to properly store medication during a power outage, especially the medication that you would normally keep in the refrigerator.
- Have extra prescription eyeglasses, sunglasses and hearing aid batteries.

### Food, water and related supplies

- Non-perishable foods, such as ready-to-eat canned meats, fruits and vegetables; canned/bottled beverages; and dry foods such as crackers. At least a 5-7 day supply of food is recommended.
- Non-electric can opener THAT YOU CAN TURN by hand
- Drinking water. At least one gallon per person, per day. A two-week supply is suggested.
- Soaps and detergents
- Non-electric stove (optional). Do not forget to buy fuel for it if you use one.
- Several coolers and ice. Consider making “blocks” of ice in advance to use in the coolers when you need them.
- Disposable eating utensils (optional) or several sets of dinnerware
- Pet food, supplies and carrier cage
- Large and small trash bags
- Paper towels, tissues and rubber gloves

### Personal products

- Sanitary/continence supplies (toilet paper, adult diapers, etc.)
- Personal hygiene items (toothbrush, toothpaste, deodorant, soap, etc.)

### First aid/protective gear

- First aid kit
- Fire extinguisher
- Insect repellent and sunscreen
- Bleach without additives (for purification purposes)
- Disinfectant
- Protective clothing and hats
- Extra pairs of dry socks and several pairs of comfortable shoes

### Other supplies and documents

- Flashlights and extra batteries
- Battery operated radio, fan and extra batteries
- Matches in a waterproof container
- Umbrellas and lawn chairs
- Tarp or plastic sheeting
- Pillows and blankets
- Sleeping bag/folding cot
- Get a non-cordless telephone! CORDLESS PHONES WILL NOT WORK IF THE POWER IS OUT.
- Have an extra battery pack for your cellular phone or a charger for use in a car lighter.
- Have cash/travelers checks in case banks are closed and ATMs aren't working.
- Put all important papers such as insurance policies (home, auto, life), list of medications, Medicare and/or Medicaid cards, birth certificates, etc. in a waterproof, portable container and put in a safe place.
- Have a current phone list of family and friends.