



US Army Reserve Safety Awareness



Hurricane Safety Checklist

The most important thing you can do as hurricane season approaches is to get yourself and your family prepared.

You should stock six basics for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items.

Water: Store water in plastic containers/Store one gallon of water per person per day/Keep at least a three-day supply of water per person. Replace your stored water every 6 months

Food: Store at least a three-day supply of non-perishable food/Select foods that require no refrigeration, preparation or cooking, and little or no water. Replace your stored food every 6 months

First Aid Kit: Assembled First Aid Kit

- adhesive bandages
- sterile dressing
- sterile gauze pads
- germicidal hand wipes or hand sanitizer
- antiseptic wipes
- medical grade non-latex gloves
- Anti-bacterial ointment
- Cold pack
- Scissors (small, personal).

Non-Prescription Drugs

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Laxative

Sanitation

- Toilet paper, towelettes*
- Soap, liquid detergent*
- Feminine supplies*
- Personal hygiene items*
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

Documents

- Keep records in a waterproof container
- Inventory of valuable household goods
- Keep important telephone numbers
- Family records (birth, marriage, death certificates)
- Keep items in airtight plastic bags.