

## SSF Hurricane Preparedness Shopping Guide

### **Non-Perishable Food:**

*Tip: Buy things you would normally eat – don't go crazy with random purchases. Small, preferably single serving cans (should not require cooking or refrigeration).*

- Dried fruit, peanut butter and jelly, ready-to-eat canned meats/fruits/vegetables
- Canned/packaged soups
- High energy foods like crackers, granola bars, trail mix
- Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags.
- Paper cups, plates, and plastic utensils
- Non-electric can opener
- Aluminum foil
- Plastic storage containers
- Lots of ice (you can freeze your water supply)

### **General Hygiene/Sanitation:**

*Take inventory of what you currently have in your house.*

- Paper towels, toilet paper, towelettes, soap, baby wipes, liquid hand sanitizer
- Plastic garbage bags (large and small), garbage ties (for personal sanitation uses)
- Household chlorine bleach, disinfectant spray & wipes
- Damp Rid
- Air fresheners
- Plenty of absorbent towels

### **First Aid Kit/Emergency Backpack:**

*Assemble a first aid kit for your house. These items will hopefully be included in your Emergency Kits.*

- House Emergency Procedures Folder
- Adhesive bandages various sizes – Sterile gauze pads (various sizes)
- Germicidal hand wipes or waterless alcohol-based hand sanitizer
- Non-latex gloves – Adhesive tape – Anti-bacterial ointment – Antiseptic spray

- Cold packs (non refrigerated type) – Scissors – Tweezers – Rubbing alcohol
- CPR breathing barrier, such as a face shield – Thermometer, Safety pins.
- Wind-up or battery-operated clock
- Hand-held radio (Battery operated or wind-up)
- Paper, pencil
- Map of the area (for locating shelters).
- Masking and/or duct tape
- Plastic sheet/drop cloth
- Bug repellent
- (2-3) Flashlights with extra batteries and bulbs
- Shut-off wrench to turn off household gas and water
- Whistle

### **Not evacuating and staying home?**

*Home tips for being prepared & staying safe.*

- Ensure you have enough food, water, medications, and other supplies in your survival kit to last at least 1 week.
- Turn refrigerator to coldest setting and keep closed.
- Close all the curtains. Set your a/c on a low setting prior to the storm hitting.
- Turn off propane tanks.
- Unplug small appliances.
- Fill bathtub and other containers with water for cleaning and flushing.
- Additional water is stored for drinking.
- Stay away from the windows or block them with large furniture.
- Close all interior doors and brace outer doors.
- Select an interior room to use as a safe room.
- Plan as though you were evacuating and have enough cash on hand to sustain purchasing of gas, food, and other supplies in the days following the storm.
- Plan to cook on a camp stove or grill in the days immediately after the storm passes.