**Sample Hurricane Supply List** *(Edit this list for your family’s needs)*

**Non-perishable food and supplies**

You should have at least a 3-day supply of non-perishable food items for all members of your household. Visit the Federal Emergency Management Agency (FEMA) website for guidance on preparing food and water in an emergency at [https://www.fema.gov/pdf/library/f&web.pdf](https://www.fema.gov/pdf/library/f%26web.pdf)

* Ready-to-eat canned foods
* Granola bars
* Peanut butter and jelly
* Powdered milk – boxed
* Dried fruit
* Dry, crisp crackers
* Bread
* Comfort foods
* Non-electric can opener
* Paper plates, paper napkins, and plastic utensils
* Propane or charcoal to cook outside when the power is out
* A grill with a side burner (for after the storm)
* Folding camping stove (such as Sterno or Coghlans) with Cooking fuel (such as Sterno) (for during the storm)

**Drinking water supplies**

Experts suggest that you have two quarts (half gallon) of water each day per person in your household. People in hot environments, children, nursing mothers, and ill people will require more water (FEMA).

* Water (bottles or gallon containers)
* Save empty plastic milk and juice bottles to use for storing water
* Fill bathtub with water (when a storm is approaching) for flushing

**Flashlights and battery-powered supplies**

* One flashlight per person in your household
* Lanterns
* Batteries
* Battery- or solar-powered fan
* Battery-/solar-/crank-powered radio
* Solar power chargers or power banks to charge your phones
* Generator (and gas if a gas-powered generator)

**First aid kit**

* Medications for yourself, household and pets
* Emergency phone numbers
* 2 absorbent compress dressings (5 x 9 inches)
* 25 adhesive bandages (assorted sizes)
* 1 adhesive cloth tape (10 yards x 1 inch)
* 5 antibiotic ointment packets (approximately 1 gram)
* 5 antiseptic wipe packets
* 2 packets of aspirin (81 mg each)
* 1 emergency blanket
* 1 breathing barrier (with one-way valve)
* 1 instant cold compress
* 2 pair of nonlatex gloves (size: large)
* 2 hydrocortisone ointment packets (approximately 1 gram each)
* 1 3 in. gauze roll (roller) bandage
* 1 roller bandage (4 inches wide)
* 5 3 in. x 3 in. sterile gauze pads
* 5 sterile gauze pads (4 x 4 inches)
* Oral thermometer (non-mercury/nonglass)
* 2 triangular bandages
* Tweezers
* Emergency First Aid guide

**COVID-19 supplies**

Learn how to safely prepare, evacuate, and shelter for hurricane season during the COVID-19 pandemic. Visit the CDC website at [http://ow.ly/SjkC50AnSB0](http://ow.ly/SjkC50AnSB0%20) for advice from public health and emergency response professionals on Covid-19 supplies to include on your Hurricane Supply List.

* Reusable masks
* Disposable masks
* Alcohol or alcohol wipes
* Hand sanitizer (Please make sure your antibacterial products have not been recalled due to methanol: <https://www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-methanol#products>)

**Supplies to have fun and pass the time**

* Games
* Books
* Magazines
* Arts and crafts supplies
* Fitness equipment
	+ Jump ropes
	+ Hula hoops
	+ Foam balls