



**Charlotte County**

**Emergency Management**

**941.833.4000**

**CharlotteCountyFL.Gov**



# Hurricane Kit Shopping Guide

## How To Use The Shopping Guide

As hurricane season approaches (June 1 – November 30), all residents are encouraged to get prepared by creating a family hurricane plan and assembling a hurricane supply kit. These preparedness steps are key to safely weathering a storm, or any other disaster.

The eight-week Shopping Guide identifies the basic items required to comfortably sustain you and your family for 3-5 days following a storm that may leave you without power and potable water. Adding a few items to your regular shopping list each week is the easiest way to complete your Hurricane Kit with minimal impact to your budget.

This Guide also includes information for preparing a Hurricane Kit for infants, the elderly and your pet. A "how to" guide for creating a family plan and assembling a first aid kit are also included.

To stay informed visit [www.CharlotteCountyFL.Gov](http://www.CharlotteCountyFL.Gov)

Distributed by Charlotte County Government

## 10 Step Hurricane Plan

- Make a family plan of where to go in the event of a storm
- Find out what evacuation your zone is at:  
<http://www2.charlottefl.com/stormsurgesearch/>
- Inventory your home possessions with a video camera and review your insurance policies.
- Assess your home for vulnerable areas: roof, windows, garage door, landscaping, etc.
- Determine how you will address your pet's needs. Be sure to include large animals such as horses in your plans.
- Make arrangements for family that is elderly or has special needs.
- Establish a out of state contact to call in case of emergency. Let them know your plan.
- Decide where to store your vehicle, boat, or RV.
- Determine your families water, food, and medical needs and build your kit to those needs.
- Make sure you have copies of all important documents.

## Food Groups for Shopping Guide

### Bread Group Items

Crackers, dry bread sticks, pretzels, melba toast, rice and popcorn cakes, breakfast cereal, dry pasta, nutritional bars, bread (keep frozen until needed)

### Meat Group Items

Canned or packaged: tuna, chicken/turkey, meat, soup with beans or meat, sardines, beans, chili with meat or beans, ravioli/spaghetti, ham/pork, stew, Vienna sausage, peanut butter and nuts, and commercially prepared beef or turkey jerky

### Milk Group Items

Shelf stable milk, powdered milk (will need extra water), canned and boxed pudding (on grocery shelves, not in refrigerator section), nutritional drinks (e.g., Ensure)

### Vegetable Group Items

Canned vegetables, soups of all types (cup of noodles, canned), canned 3-bean salad

### Fruit Group Items

Canned or dried fruit, applesauce, and 100% fruit juice

### Comfort Foods

Quick energy snacks (trail mix, granola), fruit bars, cookies, hard candy, lollipops, instant coffee, tea bags

### Items for Infants & Toddlers

Include ample amounts of food, formula (water), juice, diapers and wipes. If you evacuate to a refuge center, bring your baby kit along with a stroller, portable crib or play pen.

### Items for Elderly

water and food items that address special dietary needs (nutritional supplement drinks, low-sodium food), one-month supply of prescription drugs/medications/medical supplies, medical history, physician and health insurance information, list of medications with instructions, list of medical equipment (include model/serial number)

## Pet Survival Kit

- A crate or carrier large enough for the animal to stand and turn around
- Two-week supply of food, water and any required medication
- Rabies certificate and current license
- Veterinarian name and emergency contact information
- Photo of the pet with you (to prove you are the owner)
- Cleaning supplies (newspaper, plastic bags with ties, paper towels, disinfectant)
- Cat litter
- Toys and/or blanket
- Treats



## First Aid Kit

- Assorted Sterile adhesive bandages including Triangle
- 2-inch and 4-inch sterile gauze pads (4-6 each)
- Hypo-allergenic adhesive tape
- 2-inch and 3-inch sterile rolled bandages (3 rolls each)
- Tube of petroleum jelly or other lubricant
- Scissors
- Tweezers
- Needle
- Moistened towels
- Antiseptic
- Thermometer
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)

## Week One

### Grocery Store:

- one gallon of water per person
- one large jar of peanut butter
- one meat group item
- one can ready-to-eat soup
- one box matches in waterproof container
- one vegetable group item
- one package paper plates

### Other Supplies:

- waterproof plastic container with lid for hurricane kit and important papers
- utility knife
- sun screen (SPF 15 or more)

## Week Two

### Grocery Store:

- one vegetable group item
- one fruit group item
- one comfort food item
- one bottle unscented bleach
- one medicine dropper
- one package of paper cups
- one meat group item
- one box heavy-duty garbage bags

### Other Supplies:

- self-starting charcoal, sterno, or propane for grill or camp stove
- pliers
- plastic safety goggles

## Week Three

### Grocery Store:

- one gallon of water per person
- one jar of jelly or jam
- one meat group item
- one can ready-to-eat soup
- one fruit group item
- one hand-operated can opener
- one package paper napkins

### Other Supplies:

- one portable AM/FM radio– with batteries
- hatchet or axe
- roll of duct tape
- can opener

## Week Four

### Grocery Store:

- one bread group item
- one roll of paper towels
- one meat group item
- one vegetable group item
- one roll of plastic wrap
- one milk group item
- one bottle hand sanitizer

### Other Supplies:

- two flashlights with batteries
- heavy-duty work gloves
- first aid kit supplies

## Week Five

### Grocery Store:

- one box large re-sealable food storage bags
- one fruit group item
- one meat group item
- one can ready-to-eat soup
- one bread group item
- one vegetable group item

### Other Supplies:

- flashlight with batteries
- sleeping Bags/ Blankets
- pillows

## Week Six

### Grocery Store:

- one gallon of water per person
- one bread group item
- one meat group item
- one box of sanitary wipes
- one roll heavy-duty aluminum foil
- one package paper bowls

### Other Supplies:

- disposable aluminum pans
- fire extinguisher
- hardline telephone with jack (No cordless)

## Week Seven

### Grocery Store:

- one milk group item
- one box cereal
- one meat group item
- one can ready-to-eat soup
- one comfort food item
- one vegetable group item

### Other Supplies:

- extra batteries for flashlight
- hammer
- assorted Nails

## Week Eight

### Grocery Store:

- one gallon of water per person
- one box heavy-duty garbage bags
- one meat group item
- one vegetable group item
- one box of eating utensils
- one roll paper towels

### Other Supplies:

- lantern with batteries
- tarpaulin for temporary roof repairs
- mosquito repellent with DEET

