



START HERE
FIRST

QUICK REFERENCE GUIDE

START HERE FIRST

Need the most important information fast?

Use the Quick Reference Guide on pages 1-15.

You do not have to complete this whole workbook at once. Start with the pages your family needs most right now. Even one completed page can help your family feel more prepared, more connected, and less overwhelmed.



SMALL WIN:

Only have 15 minutes? Start with pages 3, 4, 5, 7, and 10.

Page	Tool
<u>3</u>	Family Plan Snapshot
<u>4</u>	Contacts & Communication
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<u>6</u>	Zone & Home Snapshot
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Ready Together Resource Hub

Scan for printable tools, supply lists, wallet cards, state links, and Kids4Kids Relief resources.

Website: kids4kidsrelief.org/ready

Print key pages before hurricane season

Always follow official alerts and local emergency instructions.

FAMILY HURRICANE

Plan Snapshot



Our most important information in one place

You do not have to complete this whole workbook at once. Start with the pages your family needs most right now. Even one completed page can help your family feel more prepared, more connected, and less overwhelmed.

Zone & Shelter Evacuation zone: _____ Safest room: _____ Evacuation destination: _____ Backup destination: _____ Pet-safe location: _____	Alerts & Contacts Local emergency source: _____ County/city alerts: _____ School closure source: _____ Out-of-town contact: _____ Nearby helper/ride: _____
Medical & Safety Nearest hospital/urgent care: _____ Doctor/pharmacy: _____ Critical medical/power needs: _____ Medication list location: _____	Grab-and-Go Emergency kit location: _____ Go bag location: _____ Waterproof document bag: _____ Printed route/maps: _____ Student comfort items: _____

STUDENT HELPER ROLES

Students can safely help by:

- ☐ Packing comfort items
- ☐ Charging devices
- ☐ Checking pet supplies
- ☐ Helping younger kids stay calm

CALM CHECK

ONE THING THAT HELPS OUR FAMILY STAY CALM:

TRUSTED ADULT FOR YOUTH SUPPORT:

Store completed pages securely and do not share personal family information publicly

Need more detail? Contacts: p. 4 • Alerts: p. 5 • Evacuation: p. 7 • Medical: p. 8 • Documents: p. 10

EMERGENCY CONTACTS

& Communication Tree



Who we call, text, and check on before, during, and after a storm

Fill this out before hurricane season. If phone networks are busy after a storm, text messages may go through more easily than calls.

Emergency Contacts Emergency: 911 Local non-emergency police/fire: _____ Local emergency management: _____ Poison Control: 1-800-222-1222 988 Suicide & Crisis Lifeline: 988 Disaster Distress Helpline: 1-800-985-5990	Emergency Contacts Parent/Guardian 1: _____ Parent/Guardian 2: _____ Out-of-town contact: _____ Nearby helper/ride contact: _____ Neighbor: _____ Backup adult/family friend: _____
School & Medical Contacts School main office: _____ School closure source: _____ Trusted adult at school: _____ Doctor/pediatrician: _____ Pharmacy: _____ Veterinarian: _____	Home & Utility Contacts Power company: _____ Power outage website/phone: _____ Water utility: _____ Gas company: _____ Insurance agent: _____ Landlord/property manager: _____

COMMUNICATION TREE:

Person	Contacts / Checks On	Backup Contact
Adult 1: _____		
Adult 2: _____		
Student helper: _____		

If someone may be unsafe, call 911 or tell a trusted adult immediately.

OFFICIAL ALERTS

Radio, News & URLs



Where our family gets trusted updates

Do not rely only on social media during a storm. Write down official alert sources now, and keep this page printed in case phones, Wi-Fi, or power are not working.

Official Alert Sources County/city alert signup: _____ Local emergency management: _____ State emergency management: _____ National Hurricane Center: nhc.noaa.gov National Weather Service: weather.gov FEMA app/resources: ready.gov/fema-app	Local News & Radio Local radio station 1: _____ Local radio station 2: _____ Local TV news station 1: _____ Local TV news station 2: _____ School closure source: _____ Backup person monitoring alerts: _____
Utility & Service Updates Power outage map: _____ Water utility alerts: _____ Gas company alerts: _____ Internet/cell provider: _____ Road/traffic/511 resource: _____ Local shelter list: _____	QR Backup County alert signup Website: _____ Evacuation zone lookup Website: _____ FEMA app/resources Website: _____

TRUSTED INFORMATION PLAN

We will check updates:

- ☐ Morning
- ☐ Afternoon
- ☐ Evening
- ☐ Before Bed
- ☐ When an official alert is issued

ADULT CHECKING OFFICIAL ALERTS:

BACKUP ADULT:

Write down important websites. Do not rely only on QR codes during an emergency.

KNOW YOUR ZONE

Know Your Home Snapshot

Our risk and home safety notes in one place

This page helps your family write down the local risks and home details that matter most. Use official local resources to complete it.



Evacuation & Flood Risk	Home Safety Notes
Evacuation zone: _____	Safest room: _____
Flood risk area: _____	Rooms to avoid: _____
Storm surge risk: _____	Lowest safe level: _____
Nearest major waterway: _____	Window protection plan: _____
Low roads nearby: _____	Garage/door concern: _____

Local Resources	Before a Storm
Zone lookup website: _____	Outdoor items to secure: _____
Flood map website: _____	Shutters/boards stored: _____
Shelter list website: _____	Waterproof docs location: _____
Special needs registry: _____	Go bag location: _____
Sandbag location/source: _____	Safe room supplies: _____



KIDS4KIDS REMINDER:

Students can help find supplies or ask questions. Adults and local officials decide whether to evacuate or shelter in place.

Always follow official alerts and local emergency instructions.

EVACUATION & Shelter Plan



Where we will go and how we will get there

Fill this out before a storm is approaching. Evacuation does not always mean going far away, but families should follow local instructions.

Primary evacuation destination		Backup destination	
Shelter location		Pet-friendly option	
Primary route		Backup route	
Fuel stop		Medical/pharmacy stop	
Printed directions stored		Who is driving	
When we leave if ordered		Out-of-town contact notified	



**QR CODE BACKUP:**

Use QR codes to find routes before the storm, but print directions in advance. Phones, data, and power may fail during an evacuation.

Always follow local evacuation orders and official shelter information.

MEDICAL,

Medication, Oxygen & Power Needs

Adult planning page for health needs during outages or evacuation

Ask doctors, pharmacists, and equipment suppliers about backup plans before hurricane season. This page is for planning, not medical advice.



Doctors & Pharmacy Doctor/pediatrician: _____ Specialist: _____ Pharmacy: _____ Backup pharmacy: _____ Insurance nurse line: _____	Medication Plan Medication list stored: _____ Refill date: _____ Refrigerated medicine: _____ Cooler/cold packs location: _____ Copy of prescriptions: _____
Oxygen & Medical Equipment Oxygen supplier: _____ Equipment supplier: _____ Backup battery location: _____ Charging plan: _____ Power company medical contact: _____	Evacuation & Registry Special needs registry: ☐ yes ☐ no ☐ N/A Power-access destination: _____ Medical transport plan: _____ Caregiver/contact: _____ Instructions printed: _____



SAFETY FIRST!

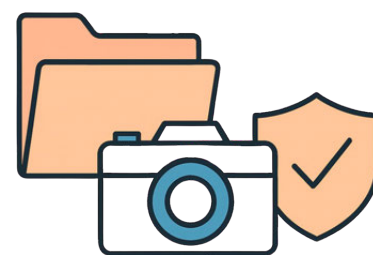
If a medical device, oxygen, or refrigerated medication depends on power, make a backup plan before a storm is on the way.

Ask a doctor, pharmacist, or equipment provider about medical backup plans.

INSURANCE, CLAIMS & Documents Snapshot

The information parents and guardians may need after a storm

Print or save the key numbers now. Take photos or videos of your home before a storm if it is safe to do so.



Insurance Contacts Home/renters insurance: _____ Policy number: _____ Claims phone: _____ Agent name/phone: _____ Flood insurance: _____	Other Coverage Auto insurance: _____ Health insurance: _____ Boat/golf cart insurance: _____ Warranty/service contacts: _____ Mortgage/landlord contact: _____
Document Locations Printed policies stored: _____ Declaration pages stored: _____ Digital backup location: _____ Cloud folder/app: _____ Waterproof bag location: _____	Home Inventory Photos/videos taken: ☐ yes ☐ no Exterior photos: ☐ yes ☐ no Valuables/serial numbers: _____ Receipts stored: _____ Claim notes folder: _____



PARENT/GUARDIAN TIP:

Take a slow video of each room. Open closets and cabinets if safe. Save the video somewhere you can access even if your phone is damaged.

Document damage safely before cleanup when possible.

WATERPROOF

Grab-and-Go Document Bag



What to keep ready if your family needs to leave

Keep copies or originals in a waterproof bag or folder. Use what applies to your family. Do not risk your safety to gather documents during an emergency.

GROUP 1

- ☐ Passports
- ☐ Health insurance cards
- ☐ Declaration pages
- ☐ Allergy list
- ☐ Pet vaccination records
- ☐ Custody/guardianship docs, if applicable
- ☐ Recent pet photo
- ☐ USB/backup drive, if used

GROUP 2

- ☐ Driver licenses / state IDs
- ☐ Home/renters insurance policy
- ☐ Auto insurance card
- ☐ Doctor & pharmacy contacts
- ☐ Copies of prescriptions
- ☐ Emergency cash
- ☐ Out-of-town contact card
- ☐ Printed evacuation route

GROUP 3

- ☐ Birth certificates
- ☐ Flood insurance policy
- ☐ Medication list
- ☐ School IDs or school documents
- ☐ Custody or guardianship papers, if applicable
- ☐ Recent family photo
- ☐ Recent photo of each child
- ☐ This handbook



PARENT/GUARDIAN TIP:

A recent family photo and pet photo can help with reunification if family members or pets become separated.

Protect personal information. Store this bag securely.

PETS &

Service Animals Snapshot

Our plan for animals who depend on us

Pets and service animals need a plan too. Not every shelter accepts pets, so choose a pet-safe option before a storm is coming.



Pet / Animal Information Pet name(s): _____ Veterinarian: _____ Microchip number(s): _____ Photo of pet stored: _____ Vaccination records: _____	Shelter & Transport Pet-friendly shelter: _____ Backup pet-safe location: _____ Carrier/crate location: _____ Leash/collar location: _____ Vehicle plan: _____
Pet Kit Food/water packed: _____ Medication: _____ Waste bags/litter: _____ Comfort toy/blanket: _____ Service animal supplies: _____	If We Cannot Bring Them Safe haven/kennel: _____ Contact name/phone: _____ Drop-off requirements: _____ Records needed: _____ Backup caregiver: _____



SAFETY FIRST!

Do not leave pets behind without a safe care plan. Make arrangements early, especially for shelters, kennels, or family members who can help.

Always follow local shelter and pet-shelter instructions.

SUPPLY LIST & Shopping Hub

Build your kit one item at a time

Use this page to find printable supply lists and shopping checklists. Buy where it is most affordable and accessible for your family.



Download / List	QR Code	Website / Notes
Ready Together Resource Hub		kids4kidsrelief.org/ready
Starter Kit List		ready.gov/kit
Seven-Day Family Kit		floridadisaster.org/globalassets/plan--prepare/disaster-supply-checklist.pdf
Student Comfort Bag		cdc.gov/children-and-school-preparedness/before-during-after/index.html
Pet Kit		redcross.org/get-help/how-to-prepare-for-emergencies/pet-disaster-preparedness.html
Medical/Power Needs List		cdc.gov/natural-disasters/response/what-to-do-protect-yourself-during-a-power-outage.html

MINI STARTER LIST

- | | |
|---|--|
| ☐ Water | ☐ Medications |
| ☐ Nonperishable food | ☐ Chargers |
| ☐ Flashlights | ☐ Important documents |
| ☐ Batteries | ☐ Pet supplies |
| ☐ First aid | ☐ Comfort items |



SMALL WIN:

Add one item each grocery trip. Preparedness does not have to happen all at once.

Write down important websites. Do not rely only on QR codes during an emergency.

YOUTH

Mental Wellness Quick Card



Kids should feel included, supported, and never responsible for adult decisions

Preparedness is not just about supplies. It is also about helping kids and teens feel safer, calmer, and less alone before, during, and after a storm.

What helps me feel calm?	
Comfort item I want nearby	
Trusted adult I can talk to	
Calming activity I can do	
Friend I may want to check on	
One question I want to ask my family	

STUDENTS CAN SAFELY HELP BY:

- ☐ Asking questions
- ☐ Packing comfort items
- ☐ Helping younger siblings with calm activities
- ☐ Checking on friends after the storm

STUDENTS SHOULD NOT:

- ☐ Decide whether to evacuate
- ☐ Judge whether a home is safe
- ☐ Handle medical decisions
- ☐ Carry someone else's mental health alone

If someone may be unsafe or overwhelmed, tell a trusted adult immediately.

FIRST 24 HOURS

After the Storm Snapshot

What to check once officials say it is safe

After a storm, move slowly and stay cautious. Wait for the official all-clear before going outside or returning home.



Official all-clear source		Family members checked on	
Pets checked		Power status	
Water status		Medical needs checked	
Damage photos taken		Insurance contact made	
School/work updates checked		One routine we can restart	
Trusted adult check-in completed		Friend/family to check on	

WHAT NOT TO DO

- ☐ Do not drive through floodwater
- ☐ Do not touch downed power lines
- ☐ Do not use generators indoors
- ☐ Do not let kids explore damaged areas



CALM CHECK:

After a storm, kids may need reassurance, routine, and connection as much as supplies.

Wait for official all-clear and follow local emergency instructions.

WALLET & Glove Box Cards

Copy, cut, or photograph these cards before hurricane season

These cards are meant to be copied or photographed. Do not post completed cards publicly because they may contain private family information.



Student Emergency Card Name: _____ Parent/Guardian: _____ Phone: _____ Out-of-town contact: _____ Allergies/meds: _____ School/pickup note: _____	Evacuation Card Destination: _____ Backup destination: _____ Primary route: _____ Backup route: _____ Shelter/pet plan: _____ Printed map stored: _____
Medical Card Doctor: _____ Pharmacy: _____ Medications: _____ Allergies: _____ Medical equipment: _____ Oxygen supplier: _____	Youth Calm Card Trusted adult: _____ Comfort item: _____ Calming activity: _____ Friend to check on: _____ I can say: "I need help." Kids are included, not responsible.



PRIVACY REMINDER:

Keep completed cards in a safe place.
Do not share cards that include home addresses, medical information, or private phone numbers.

Copy or update these cards before hurricane season.