

Kids4Kids Relief

Ready Together

workbook



Hurricane Preparedness &
Mental Wellness Workbook
for Families

FREE DIGITAL
PREVIEW
EDITION -
AUGUST 2026

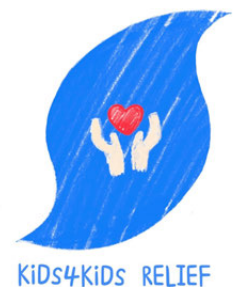
SAM CRIMALDI

READY TOGETHER

A Youth-Led Hurricane Preparedness & Mental Wellness Workbook for Families

**By Sam Crimaldi, Co-Founder of Kids4Kids Relief
With Kids4Kids Relief Youth Leaders**

DIGITAL PREVIEW EDITION 1.0 - AUGUST 2026



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Publication information and safety notes

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<i>Written and developed by Sam Crimaldi, Co-Founder of Kids4Kids Relief, with significant contributions from Jolie Crimaldi and Julianna Crimaldi. Additional youth contributors are recognized in the Acknowledgments.</i>	

Digital Preview Notice

This Digital Preview Edition is being released during hurricane season so families, schools, and youth groups can access the tools immediately. Final youth mental-wellness and editorial reviews are in progress. Kids4Kids Relief will update this file at the same permanent link when those reviews are complete.

Educational disclaimer

This workbook is an educational tool. It does not replace emergency alerts, evacuation orders, school guidance, medical advice, mental health care, insurance advice, legal advice, or instructions from local officials.

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Safety disclaimer

In an emergency, call 911 when appropriate and follow official alerts, evacuation orders, and instructions from local emergency management, schools, and public safety officials.

Mental wellness disclaimer

Peer support is not therapy. If someone may be unsafe, overwhelmed, or in crisis, tell a trusted adult immediately and contact emergency or crisis support resources.

Privacy Reminder

A completed workbook may contain private family, medical, school, insurance, contact, and evacuation information. Store completed pages securely and do not post them online. Do not record full Social Security numbers, financial account numbers, passwords, PINs, security codes, or other sensitive credentials in this workbook.

A FEW WORDS FROM SAM

A note from the Kids4Kids Relief Co-Founder

Dear Reader,

After Hurricane Ian, when I helped start Kids4Kids Relief, I saw that disaster recovery is not only about rebuilding homes. It is also about helping kids feel safe again, return to routines, and remember that they are not alone.

That is why we created Ready Together. This workbook is meant to help families prepare before a hurricane, but it is also meant to support kids and teens emotionally. A family plan, a comfort item, a trusted adult, and a friend who checks in can make a stressful situation feel a little less overwhelming.

You do not have to fill out every page. This is not a test. Use the pages that help your family right now, then come back to the rest when you have more time. Even one small step can make a difference.

My hope is that Ready Together helps families prepare earlier and include kids in safe, age-appropriate ways. Kids can help by learning their family's plan, asking questions, packing simple items, and supporting friends. Adults and local officials still make the emergency decisions.

Thank you for using this workbook and for helping your family, school, or community get ready together.

Sam Crimaldi

Co-Founder, Kids4Kids Relief



OUR “WHY”



KIDS4KIDS REMINDER:

Preparedness is not just about supplies. It is about helping kids feel safe, included, supported, and less alone.

The Kids4Kids Relief Story

Kids helping kids prepare for, respond to, and recover after disasters.

Kids4Kids Relief began with a simple question: “Why aren’t kids feeling supported enough to feel safe and like themselves again?”

After Hurricane Ian affected the Southwest Florida community, we saw that disaster recovery is not just about homes, supplies, or cleanup. While those things matter, children also lose routines, sports, favorite belongings, privacy, comfort, and a sense of normalcy. That can be hard to explain, especially when the adults around them are focused on urgent safety decisions.

Kids4Kids Relief was created to help fill that gap. We are a youth-led organization focused on disaster preparedness, youth mental wellness, peer support, and recovery projects that help kids feel seen, included, and less alone.

Our work includes Normalcy Kits - personalized boxes of age-appropriate comfort, activity, school, and hygiene items designed to help children regain routine, connection, and a sense of normalcy after a disaster- and “Ready Together,” which helps families prepare before storms through calm planning, practical checklists, trusted information, and youth-friendly tools.

We believe kids should not be responsible for adult emergency decisions, but they should not be left out either. When young people understand the plan, know who to turn to, and have safe ways to help, disasters can feel a little less confusing and a little less lonely.

Ready Together is part of that mission. Use this workbook one page at a time. Share it with your family, school, club, or community.

Preparedness is not just about what we pack. It is also about how we take care of each other.

WHAT KIDS4KIDS RELIEF DOES

- ✓ Creates youth-friendly disaster preparedness resources
- ✓ Supports kids and families after natural disasters
- ✓ Provides Normalcy Kits to help restore comfort and routine
- ✓ Encourages peer support with trusted-adult boundaries
- ✓ Helps students lead service projects in their own communities
- ✓ Reminds families that preparedness should create calm, not fear



kids4kidsrelief.org

Learn more, download resources, or start a chapter.

MISSION PAGE

Why this workbook exists

Kids helping kids prepare for, respond to, and recover after natural disasters.

Ready Together was created to help families prepare before a storm and support kids emotionally after one. The goal is not to make hurricanes feel more frightening. The goal is to make preparedness feel calmer, clearer, and more manageable.

PREPARE	SUPPORT	LEAD
Families make plans, gather supplies, and know where to get trusted updates.	Kids and teens feel included, heard, and connected without carrying adult responsibilities.	Students learn how to help their schools, clubs, and communities get ready together.



CORE IDEA:

Preparedness is not just about supplies. It is also about helping kids feel safe, included, supported, and less alone.

ABOUT

Kids4Kids Relief

Youth-led disaster preparedness, relief, and recovery support

Kids4Kids Relief is a youth-led organization focused on helping kids and families prepare for, respond to, and recover after natural disasters. Our work centers on practical preparedness, peer connection, and restoring a sense of normalcy for young people after storms.

READY TOGETHER Family-friendly checklists, worksheets, workshops, and chapter tools that help students and families prepare before hurricanes.	NORMALCY KITS Personalized collections of age-appropriate comfort, activity, school, and hygiene items designed to help children regain routine, connection, and a sense of normalcy after a disaster
PEER-TO-PEER SUPPORT Student-to-student connection, check-ins, and encouragement - with clear boundaries and trusted adult support.	CHAPTERS & SERVICE Youth-led chapters, school clubs, and community partners that bring preparedness and recovery projects to more families.

PREPAREDNESS

Is Nonpartisan

Disasters affect every community

Hurricanes do not choose sides. Preparedness is about protecting families, schools, neighborhoods, pets, homes, and communities. Ready Together is designed as a nonpartisan public-safety and youth mental wellness workbook.

This workbook encourages families to prepare early, follow official guidance, and support children before, during, and after a storm. It is not connected to any political campaign and should not be used to endorse or oppose any candidate.

PUBLIC SAFETY MEANS:

- ☒ Preparing before a storm
- ☒ Listening to local officials
- ☒ Using trusted information
- ☒ Planning for every family member
- ☒ Helping neighbors when it is safe

YOUTH CIVIC ACTION MEANS:

- ☒ Learning the facts
- ☒ Sharing credible resources
- ☒ Helping families use tools
- ☒ Supporting peers safely
- ☒ Asking trusted adults for help



KIDS4KIDS REMINDER:

Students can lead with service and compassion. They should not give emergency orders or take on adult safety responsibilities.

Always follow official alerts and local emergency instructions.

HOW TO USE

This Workbook

Use the parts that help you most

Ready Together is a toolkit, not a textbook. You can use it before hurricane season, during a storm threat, after a storm, or as part of a school, club, or chapter activity.

Families	Start with the Quick Reference Guide on pages 1-15, then use the planning pages that match your household.
Students	Use the student helper roles, comfort plans, peer support pages, and leadership tools.
Parents/Guardians	Focus on evacuation decisions, medical needs, documents, insurance, supplies, and trusted communication.
Teachers/Counselors	Use the youth wellness, peer support, and Ready Together session pages for calm, age-appropriate conversations.
Clubs/Chapters	Use the session agendas, outreach templates, and impact tracker to bring Ready Together to your community.
Community Partners	Share the Quick Reference Guide, supply lists, and resource hub with families who may need simple preparedness tools.

Ready Together Resource Hub

Tap or click links in the digital edition



TIP:

Write in the workbook, print individual pages, or download the companion tools from the Ready Together Resource Hub.

Use official alerts and follow instructions from local officials.

YOU DO NOT HAVE TO

Use Every Page

Use what helps. Skip what does not apply.

A long workbook can feel overwhelming if it looks like everything has to be finished at once. That is not how Ready Together is meant to work.

This book is a menu of tools. Some families will use every section. Some will only use the Quick Reference Guide, a supply checklist, or a comfort plan. Both are okay. Preparedness is built one step at a time.

START SMALL	CHOOSE WHAT FITS	COME BACK LATER
One completed page is progress.	Skip pages that do not apply to your family.	Update your plan as your family, home, or school schedule changes.



SMALL WIN:

If your family only fills out pages 3, 4, 5, 7, and 10, you still have a strong emergency snapshot.



CALM CHECK:

Preparedness should create calm, connection, and confidence - not pressure to be perfect.

Blank spaces are okay. Use what helps your family right now.



START HERE
FIRST

QUICK REFERENCE GUIDE

[Jump to Table of Contents](#)

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
<u>5</u>	Alerts, Radio, News & URLs
<u>6</u>	Zone & Home Snapshot
<u>7</u>	Evacuation & Shelter Plan
<u>8</u>	Medical, Oxygen & Power
<u>9</u>	Insurance, Claims & Documents

Page	Tool
<u>10</u>	Waterproof Documents
<u>11</u>	Pets & Service Animals
<u>12</u>	Supply List & Shopping Hub
<u>13</u>	Youth Wellness Quick Card
<u>14</u>	First 24 Hours After Storm
<u>15</u>	Wallet / Glove Box Cards



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	Local News & Radio
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 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	QR Backup
Power outage map: _____ Water utility alerts: _____ Gas company alerts: _____ Internet/cell provider: _____ Road/traffic/511 resource: _____ Local shelter list: _____	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 Evacuation zone: _____ Flood risk area: _____ Storm surge risk: _____ Nearest major waterway: _____ Low roads nearby: _____	Home Safety Notes Safest room: _____ Rooms to avoid: _____ Lowest safe level: _____ Window protection plan: _____ Garage/door concern: _____
Local Resources Zone lookup website: _____ Flood map website: _____ Shelter list website: _____ Special needs registry: _____ Sandbag location/source: _____	Before a Storm Outdoor items to secure: _____ Shutters/boards stored: _____ Waterproof docs location: _____ Go bag location: _____ 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!

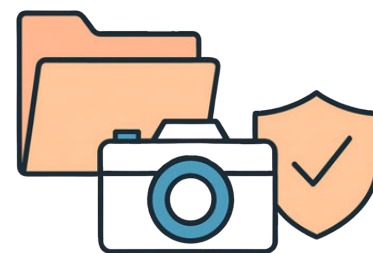
If a medical device, oxygen, or refrigerated medication depends on power, make a backup plan before a storm is on the way.

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.

TABLE OF CONTENTS

Section	Pages	What you will find
Start Here First: Quick Reference Guide	1-15	Fast-access forms for contacts, alerts, evacuation, medical needs, documents, pets, supplies, and youth wellness.
Chapter 1: Youth Mental Wellness & Peer Support	17-39	How kids and teens can feel supported, check on friends, understand peer-support boundaries, and know when to involve trusted adults.
Chapter 2: Ready Together Preparedness Essentials	40-58	Core hurricane-preparedness actions, including family plans, evacuation zones, home readiness, supplies, official alerts, documents, pets, and communication.
Chapter 3: Make a Plan for Every Family Member	59-79	Family meeting, contacts, communication and reunification plans, medical needs, pets, accessibility, student comfort, and the family promise.
Chapter 4: Know Your Zone, Know Your Home & Home Safety	80-104	Evacuation zones, flood and storm-surge risk, safe rooms, shutters, sandbags, utilities, water and sewer planning, shelter options, and registry planning.
Chapter 5: Seven-Day Kit, Power, Food, Medical Supplies & Shopping	105-133	Supplies, charging, food and water, medication planning, power outages, generator safety, pet kit, student comfort bag, and shopping resources.
Chapter 6: Documents, Insurance, Money & Claims	134-152	Waterproof documents, identification, insurance, declaration pages, home inventory, claims logs, banking, receipts, and damage documentation.
Chapter 7: Before, During & After the Storm	153-171	Before-season, seven-day, 72-hour, 48-hour, 24-hour, evacuation-day, during-storm, power-outage, and post-storm actions.
Chapter 8: Normalcy & Youth Recovery After the Storm	172-188	Routines, school disruption, Normalcy Kits, peer support, trusted adults, help-seeking, crisis resources, and recovery reflection.
Chapter 9: Ready Together Student Leadership Guide	189-207	Session agendas, facilitator and advisor tools, peer-support boundaries, chapter starter, outreach templates, service drives, social media, and impact tracking.
Chapter 10: Offline Evacuation Planning & Resource Hub	208-218	Offline and technology-backup planning, state resource directories, printed map packets, primary and backup routes, official resources, and the final call to action.
Sources & Review Status	219	Official source categories, content-review status, safety review date, QR-code review date, and edition information.
Acknowledgments & Reviewers	220-221	Special thanks, named content reviewers, areas reviewed, and a scope-of-review disclaimer.
With Gratitude	223	Final message of thanks and closing statement about youth-led preparedness and family well-being.



YOUTH MENTAL WELLNESS & PEER SUPPORT

CHAPTER 1

[Back to Table of Contents](#)

PREPAREDNESS

IS NOT JUST ABOUT SUPPLIES.

It is also about helping kids feel safe, included, supported, and less alone.

This section is one of the main reasons Ready Together exists. Natural disasters can interrupt school, routines, friendships, sports, and the feeling of normal life. Students can help each other, but no student should feel responsible for fixing someone else's pain.

In this section:

-  What kids and teens may need after a disaster
-  Why kids should feel included, not responsible
-  How peer support can help without becoming therapy
-  When to involve trusted adults or professional help
-  How comfort, routines, and normalcy support recovery



CORE IDEA:

Kids can listen, include, encourage, and connect friends to help. Kids should not diagnose, counsel, keep unsafe secrets, or carry recovery alone.

Why Mental Wellness Belongs in Disaster Prep

A plan can protect more than supplies and property.

When people talk about hurricane preparation, they usually mention water, batteries, gas, and evacuation zones. Those things matter. But for kids and teens, a disaster can also mean losing routine, missing school, being away from friends, or feeling like adults are making huge decisions around them.

That is why Ready Together treats emotional safety as part of preparedness.

When young people know the plan, understand their safe role, and have trusted adults and peers around them, a scary situation can feel a little less overwhelming.



KIDS4KIDS REMINDER:

Preparedness should create calm, connection, and confidence - not fear.

PHYSICAL PREPAREDNESS INCLUDES:

- ☒ Supplies and water
- ☒ Evacuation zones
- ☒ Alerts and routes
- ☒ Documents and insurance
- ☒ Medical and pet plans

EMOTIONAL PREPAREDNESS INCLUDES:

- ☒ Calm conversations
- ☒ Comfort items
- ☒ Trusted adults
- ☒ Peer check-ins
- ☒ Routines after the storm

What Kids and Teens May Need

A simple checklist for parents, guardians, teachers, and student leaders.

Kids and teens do not all react the same way after a storm. Some want to talk. Some want distraction. Some seem fine at first and feel stressed later. The goal is not to force a reaction. The goal is to make support easy to find.

Trusted adults	Someone who can answer questions calmly and make safety decisions.
Clear information	Simple updates without constant scary details.
Predictable routines	Meals, sleep, schoolwork, movement, and familiar activities when possible.
Comfort items	Books, music, a hoodie, photos, games, journals, or other familiar items.
A way to ask questions	Space to say, "I am confused" or "I feel nervous."
Breaks from storm coverage	Time away from repeated images, rumors, and doom-scrolling.
Peer connection	Texts, lunch, notes, games, homework help, or just not being alone.
Help when needed	Trusted adult, counselor, doctor, or crisis support if someone may be unsafe.



CALM CHECK:

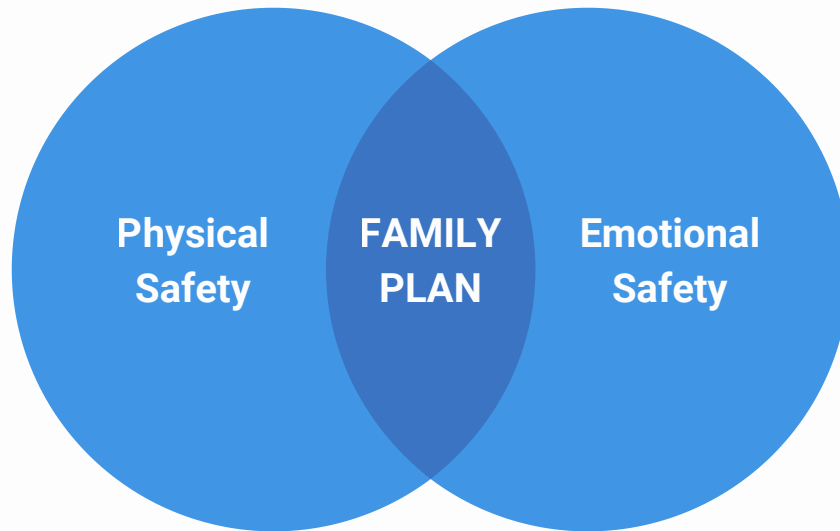
Ask: What would help me feel calmer if our routine changes for a few days?

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

Physical Safety & Emotional Safety

A hurricane plan should include both.

A family can be physically prepared and still feel emotionally overwhelmed. Ready Together is built around the idea that both kinds of safety matter.



PHYSICAL SAFETY:

- ☐ We know our evacuation zone
- ☐ We know where to shelter
- ☐ We have supplies and water
- ☐ We have medications and documents
- ☐ We have pet and medical plans
- ☐ We follow official alerts

EMOTIONAL SAFETY:

- ☐ Kids know who to ask for help
- ☐ Kids know their safe role
- ☐ We have comfort items ready
- ☐ We take breaks from scary updates
- ☐ We check on friends after the storm
- ☐ We restart routines when possible

A plan should help kids feel included, not responsible.

Kids Should Feel Included, Not Responsible

Students can help. Students should not carry adult emergency decisions.

Being included in the plan can help kids feel safer. Being made responsible for the plan can make kids feel overwhelmed. **There is a big difference.**

STUDENTS CAN HELP BY:

- ☐ Learning the family plan
- ☐ Packing comfort items
- ☐ Charging devices
- ☐ Asking good questions
- ☐ Helping younger kids stay calm
- ☐ Checking pet supplies
- ☐ Sharing official resources

STUDENTS SHOULD **NOT** BE RESPONSIBLE FOR:

- ☐ Deciding whether to evacuate
- ☐ Judging whether a home is safe
- ☐ Handling medical decisions
- ☐ Driving during unsafe conditions
- ☐ Managing insurance or claims
- ☐ Keeping unsafe secrets
- ☐ Carrying someone else's recovery alone



KIDS4KIDS REMINDER:

A helpful student role should feel empowering, not heavy.

Adults and local officials make emergency decisions.

Student Role vs. Adult Role

A clear role can reduce confusion and stress.

Before a storm, it helps to talk about who is responsible for what. Students can do small, safe tasks. Adults handle the safety decisions.

Task	Student Helper	Adult Responsible
Check official alerts	Can remind family to check	Monitors and decides what to do
Pack comfort items	Can pack own items	Makes sure emergency items are complete
Pet supplies	Can check food/toys	Handles pet safety and evacuation choices
Younger siblings	Can play or distract	Makes safety and supervision decisions
Documents	Can remind, not manage	Gathers IDs, policies, and medical papers
Friends after storm	Can check in kindly	Gets adult help if someone may be unsafe



SMALL WIN:

Pick one safe student helper role before a storm is even on the radar.

Students can help, but adults and officials make emergency decisions.

Peer Support Is **Not** Therapy

It is connection, encouragement, and knowing when to get help.

Kids4Kids Relief believes young people can support other young people after disasters. But peer support has boundaries. A friend can listen and include someone. A friend should not try to diagnose, counsel, or carry another person's safety alone.

PEER SUPPORT CAN LOOK LIKE:

- ✓ Sending a kind text
- ✓ Sitting with someone at lunch
- ✓ Offering a distraction
- ✓ Sharing notes or homework help
- ✓ Inviting someone back into a routine
- ✓ Helping them find a trusted adult

PEER SUPPORT SHOULD **NOT BE:**

- ✗ Therapy or counseling
- ✗ Diagnosing a friend
- ✗ Keeping unsafe secrets
- ✗ Taking on adult responsibility
- ✗ Forcing someone to talk
- ✗ Promising you can fix everything





SAFETY FIRST!

If a friend talks about wanting to hurt themselves, disappear, or not be alive, tell a trusted adult immediately.
If there is immediate danger, call 911.

Peer support is not therapy. When in doubt, connect with a trusted adult or professional.

Notice. Listen. Support. Connect.



PEER SUPPORT MOMENT

You do not have to fix everything. Sometimes the best support is staying kind and helping someone find the right adult.

A simple Kids4Kids peer-support model.

This is an easy way to remember how students can help each other after a storm without trying to become counselors.



NOTICE.

Pay attention if a friend seems withdrawn, overwhelmed, angry, unusually quiet, or unlike themselves.



LISTEN.

Let them talk if they want to. Do not force details or try to compare stories.



SUPPORT.

Offer normal things: a walk, a game, a text, sitting together, homework help, or a distraction.



CONNECT.

If you are worried, help them connect with a trusted adult, school counselor, parent, coach, or crisis resource.

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

How to Check on a Friend After a Storm

Sometimes the right words are simple.

You do not need a perfect speech. Most of the time, a kind and normal message is better than trying too hard.

TRY SAYING:

"I'm glad you're safe."

"Do you want to talk, or do you want a distraction?"

"I can sit with you if you want."

"Want me to send you the notes from class?"

"I don't know exactly what to say, but I'm here."

YOU CAN ALSO DO:

- ☐ Text or call
- ☐ Invite them to lunch or a walk
- ☐ Share school notes
- ☐ Play a game
- ☐ Send a funny but respectful distraction
- ☐ Help them find an adult if needed



CALM CHECK:

If a friend does not want to talk, respect that. You can still let them know they are not alone.

Peer support should feel kind, respectful, and pressure-free.

What Not to Say

Even kind people can accidentally make someone feel dismissed.

After a disaster, people may be stressed, tired, embarrassed, angry, or grieving. Try not to minimize what happened or pressure someone to be okay.



PEER SUPPORT MOMENT

Good support does not force someone to feel better. It helps them feel less alone.

AVOID SAYING:

"At least it wasn't worse."

"Everything happens for a reason."

"You should be over it by now."

"I know exactly how you feel."

"Don't be dramatic."

"Other people had it worse."

TRY INSTEAD:

"I'm sorry you're dealing with this."

"I'm here if you want to talk."

"Do you want company or space?"

"That sounds really hard."

"Can I help you find an adult to talk to?"

"You don't have to explain everything."

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

When to Get Adult Help

Some things are too heavy for a friend to carry alone.

Friendship matters, but student support has limits. If you feel worried about someone's safety or you feel scared by what they told you, it is time to bring in a trusted adult.

TELL A TRUSTED ADULT IF SOMEONE:

- ☐ Talks about wanting to hurt themselves
- ☐ Says they do not want to be alive
- ☐ Seems unsafe or in danger
- ☐ Is panicking often or cannot calm down
- ☐ Stops eating or sleeping normally for a while
- ☐ Withdraws from everyone for a long time
- ☐ Makes you feel scared by what they shared



TRUSTED ADULTS COULD INCLUDE:

- ☒ Parent or guardian
- ☒ School counselor
- ☒ Teacher
- ☒ Coach
- ☒ Doctor or pediatrician
- ☒ Youth group leader
- ☒ Emergency responder
- ☒ 988 or crisis support if immediate emotional crisis



SAFETY FIRST!

If there is immediate danger, call 911.
For emotional crisis support in the U.S., call or text 988.

Do not promise secrecy if someone may be unsafe.

Trusted Adult Plan



CALM CHECK:

Asking for help is not being dramatic.
It is a strong and safe thing to do.

Write down who kids and teens can go to for help.

It is easier to ask for help when you already know who the safe people are. Fill this out before a storm, not during the most stressful moment.

01

Trusted adult at home:

02

Trusted adult at school:

03

Trusted coach / mentor:

04

Doctor or pediatrician:

05

School counselor:

06

Youth group / community adult:

07

Emergency emotional support resource:

WHAT I CAN SAY IF I NEED HELP:

"I am feeling overwhelmed and need to talk to someone."

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

Media & Rumor Boundaries

Information helps. Too much scary information can hurt.

Storm updates are important, but constant scrolling can make kids and adults feel more anxious. Choose trusted sources and take breaks when you can.

USE TRUSTED SOURCES:

- ☒ Local emergency management
- ☒ National Weather Service
- ☒ National Hurricane Center
- ☒ School alerts
- ☒ FEMA app or official resources
- ☒ Local officials

SET **HEALTHY** LIMITS:

- ☐ Do not rely only on group chats
- ☐ Do not repost unverified information
- ☐ Take breaks from storm footage
- ☐ Ask an adult what an alert means
- ☐ Turn off alerts that are not useful
- ☐ Do something calming after checking updates



PRO TIP:

Create a family update schedule: morning, afternoon, evening, and whenever an official alert is issued. Constant checking is usually not necessary.

Use official alerts and local emergency instructions. Do not rely only on social media.

Family Calm PLAN

A few calm choices can help when routines change.

This page is not about pretending everything is fine. It is about knowing what helps your family feel a little steadier when things feel uncertain.

ONE QUESTION I WANT TO ASK MY FAMILY:

A TRUSTED ADULT I CAN TALK TO:

ONE THING THAT HELPS OUR FAMILY STAY CALM:

ONE ROUTINE WE WANT TO RESTART AFTER THE STORM:

WHEN I FEEL NERVOUS, I CAN:

A COMFORT ITEM I WANT NEARBY:

A CALMING ACTIVITY I CAN USE:



KIDS4KIDS REMINDER:

Kids should be able to ask questions without feeling like they are bothering anyone.

If stress feels too big to handle alone, connect with a trusted adult or professional.

Comfort Items Matter

Comfort items are not extras. They help kids feel grounded.

When routines are disrupted, familiar items can make an unfamiliar situation feel more manageable. A comfort item does not have to be expensive. It just has to be something that helps a kid or teen feel like themselves.

FOR YOUNGER KIDS:

- | | |
|---|--|
| ☐ Stuffed animal | ☐ Small toy |
| ☐ Blanket | ☐ Favorite book |
| ☐ Coloring book | |

FOR TEENS:

- | | |
|-------------------------------------|--|
| ☐ Hoodie | ☐ Playlist downloaded |
| ☐ Headphones | ☐ Photos |
| ☐ Journal | |

FOR ANYONE:

- | | |
|--|---|
| ☐ Cards or small game | ☐ Personal note |
| ☐ Art supplies | ☐ Something that feels like home |
| ☐ Prayer/faith item if wanted | |



SMALL WIN:

Ask each child or teen to choose one comfort item before hurricane season and store it near the go bag.

Comfort items support coping, but they do not replace adult support when a child is overwhelmed.

Normalcy Matters

After a storm, familiar routines can help kids feel like themselves again.

Disaster recovery is not only about fixing buildings. For kids and teens, recovery can also mean getting back to school, sports, friends, hobbies, music, books, pets, and the small things that make life feel normal.

NORMALCY CAN INCLUDE:

- ☐ Returning to school routines
- ☐ Talking with friends
- ☐ Playing a sport or instrument
- ☐ Reading, drawing, or gaming
- ☐ Wearing familiar clothes
- ☐ Helping with a safe small task

READY TOGETHER CAN SUPPORT NORMALCY BY:

- ☐ Packing comfort bags
- ☐ Creating Normalcy Kits
- ☐ Checking on peers
- ☐ Sharing school supplies
- ☐ Hosting chapter projects
- ☐ Helping kids feel seen



KIDS4KIDS REMINDER:

A Normalcy Kit is not just a bag of things. It is a reminder that kids still matter after the emergency headlines move on.

Recovery is physical and emotional. Ask for help when support is needed.

Supporting Younger Kids

Simple words, routines, and comfort can help.

Younger kids may not understand storm updates the same way adults do. They may ask the same question more than once, cling to adults, act younger than usual, or show stress through behavior instead of words.

HELPFUL ADULT RESPONSES:

- ✓ Use simple words
- ✓ Keep explanations honest but gentle
- ✓ Offer comfort items
- ✓ Keep routines when possible
- ✓ Let them draw or play
- ✓ Reassure them that adults are handling safety decisions



TRY NOT TO:

- ✗ Overload them with details
- ✗ Keep scary news on all day
- ✗ Make promises you cannot control
- ✗ Laugh at their fears
- ✗ Force them to talk before they are ready
- ✗ Make them responsible for younger siblings



PARENT/GUARDIAN TIP:

A **calm** adult voice can be one of the most important tools a child has during a stressful event.

If a child seems unsafe or severely distressed, contact a trusted professional or emergency service.

Supporting Teens

Teens may want responsibility, privacy, and connection at the same time.

Teenagers may want to help, but that does not mean they should become the emotional adult in the family. Give teens safe jobs, honest information, and space to process without making them carry the crisis.

SUPPORTIVE ACTIONS:

- ☐ Let teens help in safe ways
- ☐ Be honest about the plan
- ☐ Respect privacy when possible
- ☐ Encourage sleep and food
- ☐ Support breaks from social media
- ☐ Ask what would help, instead of assuming



WATCH FOR:

- ☐ Ongoing withdrawal
- ☐ Big sleep or eating changes
- ☐ Panic or intense fear
- ☐ Risk-taking behavior
- ☐ Hopeless comments
- ☐ Feeling responsible for everyone else



CALM CHECK:

A teen might say "I'm fine" and still need support. Keep the door open without forcing the conversation.

If you are worried about a teen's safety, involve a trusted adult or professional immediately.

If You Have Been Through a Disaster Before

Past storms can make new storms feel heavier.

Some families have already lived through hurricanes, flooding, evacuations, or long recovery periods. A new storm can bring back memories even before anything happens. That does not mean someone is weak. It means their brain remembers how hard it was.

SOMETHING ABOUT STORMS THAT FEELS HARD FOR ME:

A SAFE WAY I CAN ASK FOR SUPPORT:

SOMETHING I WISH ADULTS UNDERSTOOD:

SOMETHING THAT HELPED LAST TIME:

A WARNING SIGN THAT I AM GETTING OVERWHELMED:

ONE THING I DO NOT WANT TO BE RESPONSIBLE FOR:



CALM CHECK:

It is okay if a new storm makes old feelings show up. Tell a trusted adult if the stress feels too big to handle alone.

Self-Care for Youth Volunteers

Helping others should not mean ignoring yourself.

Kids4Kids Relief is youth-led, but student leaders are still students. If you are helping after a disaster, you also need rest, boundaries, trusted adults, and time to feel like yourself.

BEFORE HELPING OTHERS:

- ☐ Check in with your own family
- ☐ Know your safe role
- ☐ Have an adult advisor
- ☐ Understand what you can and cannot promise
- ☐ Know who to contact if you are worried about someone



PEER SUPPORT BOUNDARY

You can care deeply without becoming responsible for everyone. **Strong leaders know when to ask for help.**

AFTER HELPING OTHERS:

- ☐ Take a break
- ☐ Talk to a trusted adult
- ☐ Do something normal
- ☐ Avoid carrying stories alone
- ☐ Step back if it feels too heavy

Youth volunteers should always work with trusted adult guidance.

Caregiver Tone Matters

Kids often look to adults to understand how serious a situation is.

Adults do not have to pretend everything is perfect. But calm, clear communication can help kids feel safer. A simple explanation is usually better than silence or constant scary updates.

WORDS THAT CAN HELP:

"We have a plan."

"We are watching official updates."

"You are not responsible for adult decisions."

"You can ask questions."

"We will handle this together."

TRY INSTEAD:

Talking about worst-case scenarios all day

Leaving kids to guess what is happening

Arguing in front of kids about safety decisions

Dismissing fears as silly

Making teens the family messenger



PARENT/GUARDIAN TIP:

You can be honest without being frightening. Kids need clear information and reassurance that adults are handling the decisions.

If a child's stress seems intense or ongoing, reach out to a school counselor, pediatrician, or mental health professional

Youth Wellness Reflection

Use this page to choose one support step before moving on.

You do not have to have every answer. The point is to notice what helps, write it down, and know where support can come from.



**ONE THING THAT HELPS ME
FEEL SAFER:**

**ONE THING THAT HELPS ME
FEEL CALMER:**

ONE PERSON I CAN TALK TO:

**ONE FRIEND I MAY WANT TO
CHECK ON:**

**ONE COMFORT ITEM I WANT
READY:**

ONE QUESTION I STILL HAVE:

**ONE SMALL STEP I CAN TAKE
THIS WEEK:**



SMALL WIN:

If you filled out even one line on this page, you have already started building your support plan.



KIDS4KIDS REMINDER:

Preparedness protects safety. Peer support protects connection. Kids need both.

Next section: Ready Together Preparedness Essentials.



**READY TOGETHER
PREPAREDNESS ESSENTIALS**

CHAPTER 2

[Back to Table of Contents](#)

PREPARATION SAVES LIVES

It can also help families feel calmer before a storm

This section turns big hurricane-preparedness advice into simple family actions. You do not have to do everything at once. Start with one step, then build from there.

In this section:

Make a family emergency plan

Know your zone and your home

Understand watch vs. warning

Plan for pets, cars, alerts, documents, and insurance

Build toward a seven-day kit



KIDS4KIDS REMINDER:

Kids should feel included, not responsible. Adults and local officials make emergency decisions. Students can help by learning the plan, asking questions, and taking small safe actions.

PREPARE EARLY, Not Scared

The goal is calm, confidence, and clear action.

A hurricane plan should not make your family feel more anxious. A good plan should make the next step easier to understand. When kids know what the family is doing, who is making decisions, and what they can safely help with, the situation can feel less confusing.

PREPARE EARLY

Start before the storm rush. Add supplies over time and review your plan before hurricane season.

USE TRUSTED INFORMATION

Follow official alerts, local emergency management, school updates, and weather sources.

SUPPORT KIDS EMOTIONALLY

Include kids in simple conversations without making them responsible for adult decisions.



CALM CHECK:

Ask: What would help me feel calmer if our routine changes for a few days?



SMALL WIN:

Only have 10 minutes? Pick one out-of-town contact and save that number in every family member's phone.

Always follow official alerts and local emergency instructions.

Disaster Preparedness ESSENTIALS

Ten things to think through before a storm is on the radar.

Use this page as a visual checklist. You do not need to finish everything in one day.

Circle the three items your family should work on first.

1



*Make an
emergency plan*

2



Know your zone

3



*Know your
home*

4



*Stock a seven-
day kit*

5



*Know evacuation
routes*

6



*Keep your car
ready*

7



*Gather
documents*

8



*Update
insurance*

9



Plan for pets

10



*Sign up for
official alerts*

Get Started!

Use official alerts and follow instructions from local officials.

ESSENTIAL 1:

Make an Emergency Plan



KIDS4KIDS REMINDER:

Kids can help by asking questions and learning the plan. Adults are responsible for evacuation, medical, driving, and home-safety decisions.

A simple plan can reduce confusion when a storm is coming.

A family plan does not have to be perfect. It just needs to answer the most important questions: Who do we contact? Where do we go? What do we bring? What does each person do?

FAMILY MEETING SCHEDULED:

EVACUATION DESTINATION CHOSEN:

OUT-OF-TOWN CONTACT CHOSEN:

SHELTER-IN-PLACE ROOM CHOSEN:

COMFORT ITEMS CHOSEN:

PET PLAN REVIEWED:

SCHOOL PICKUP PLAN REVIEWED:

EMERGENCY CONTACTS PRINTED:

Need a quick version? Use the Family Hurricane Plan Snapshot on page 3.

ESSENTIAL 2:

Know Your Zone

Know whether your family may need to evacuate.

Your evacuation zone is not just a map detail. It helps your family understand when local officials may ask your area to leave. Write down your local source now so you are not trying to find it during a storm.



LOCALIZE IT:

Start with your county or city emergency management website. Search: “[your county] evacuation zone lookup” or “Know Your Zone.” Enter your home address, then write down your zone and the website. For flood risk, also check your county flood/storm-surge map or the FEMA Flood Map Service Center. Shelter and pet-friendly shelter lists may change by storm, so check them again when a storm is approaching.

01

Our evacuation zone:

02

Our flood or storm surge risk:

03

County/city zone lookup website:

04

Local emergency management website:

05

Shelter information source:

06

Pet-friendly shelter/source:

Remember: Knowing your zone does not mean you automatically evacuate. It tells you what to listen for if local officials issue evacuation orders.

Date Last Checked: _____

Always follow official evacuation orders and local emergency instructions.

ESSENTIAL 3:

Know Your Home

Know where to shelter if local officials say it is safe to stay.

Every home is different. Before a storm, talk through which room is safest, what rooms should be avoided, and where supplies will be kept.

BEST SHELTER AREA:

- ✓ Interior Room
- ✓ No Windows
- ✓ Lower level if safe from flooding
- ✓ Emergency kit nearby
- ✓ Shoes and flashlight nearby

AVOID:

- ✗ Outside areas
- ✗ Rooms with windows
- ✗ Areas with loose glass or objects
- ✗ Flood-prone rooms
- ✗ Top-floor rooms if better options exist



If local officials tell your area to evacuate, follow evacuation instructions.

ESSENTIAL 4:

Stock a Seven-Day Kit

Start with what you have. Build toward seven days over time.

A seven-day kit can sound overwhelming. The goal is not to buy everything at once. Start small, add one item at a time, and make sure the kit fits your family's real needs.

BASICS:

- ☐ Water
- ☐ Non-Perishable Foods
- ☐ Manual Can Opener
- ☐ Flashlights
- ☐ Batteries

FAMILY SPECIFIC:

- ☐ Medications
- ☐ Medical supplies
- ☐ Baby/senior needs
- ☐ Pet supplies
- ☐ Allergy-safe foods

COMFORT & WELLNESS:

- ☐ Comfort item
- ☐ Book/journal
- ☐ Headphones
- ☐ Small game
- ☐ Family photos



SMALL WIN:

Pick one category per week. Preparedness is built over time, not in one stressful shopping trip.

Use the Supply List & Shopping Hub on page 12 for printable lists and examples.

ESSENTIAL 5:

Understand Watch vs. Warning

Two words that tell your family when to get ready and when to act.

The wording can be confusing, especially for kids. Use this simple version when talking with your family.



HURRICANE WATCH

Conditions are possible

A watch means hurricane conditions are possible, often about 48 hours before tropical-storm-force winds could begin.

Prepare your home, review your evacuation route, and be ready to act.

Check supplies, pack go bags, and monitor instructions from local officials.

Move earlier if your household needs extra time because of medical, transportation, pet, or accessibility needs.



HURRICANE WARNING

Conditions are expected

A warning means hurricane conditions are expected, often about 36 hours before tropical-storm-force winds could begin.

Finish storm preparations; stay off roads unless evacuating or directed.

If local officials issue an evacuation order for your area, leave as instructed.

Text family updates to save phone battery and reduce network congestion.



CALM CHECK:

If watch/warning updates feel scary, ask a trusted adult: What does this mean for our family right now?

Always follow official weather alerts and local emergency instructions.

ESSENTIAL 6:

Know Evacuation Routes



PRO TIP:

Use QR codes or websites before a storm, but print your main route and backup route before hurricane season.

Plan your route before roads are crowded.

Evacuation does not always mean traveling hundreds of miles. Depending on the storm and your risk, a safer place tens of miles away may be enough. Follow local officials and choose routes before you need them.

01

Primary destination:

02

Backup destination:

03

Primary route:

04

Backup route:

05

Fuel stop:

06

Pet-friendly stop:

Printed Map Stored: _____

Follow evacuation routes and local traffic instructions. Do not take unsafe shortcuts.

ESSENTIAL 7:

Keep Your Car Ready



PRO TIP:

Do not wait until the last minute to fill the tank. Long lines and shortages can happen before a storm.

Halfway full = halfway there.

During hurricane season, transportation is part of the plan. A car with gas, chargers, and printed directions gives your family more options if local officials tell your area to leave.

FUEL & TRANSPORTATION

WHO WILL DRIVE?

WHERE IS THE SPARE KEY?

WHERE COULD WE STOP FOR FUEL?

WHAT IF OUR USUAL ROUTE IS BLOCKED?

WHO CAN HELP IF WE NEED A RIDE?



CAR READINESS CHECKLIST

- ☐ Gas tank at least half full when a storm may form
- ☐ Phone charger in car
- ☐ Printed route and backup route
- ☐ Water and snacks
- ☐ Flashlight and first aid kit
- ☐ Pet supplies if needed

Only travel when it is safe and follow local evacuation instructions.

ESSENTIAL 8:

Gather Documents

Keep important papers ready in a waterproof grab-and-go bag.

Important documents can be hard to replace after flooding or evacuation. Keep copies in a waterproof bag and store digital backups when possible.

- | | |
|---|--|
| ☐ Passports / IDs | ☐ Home/renters insurance |
| ☐ Birth certificates | ☐ Flood insurance if applicable |
| ☐ Health insurance cards | ☐ Insurance declaration pages |
| ☐ Medication list | ☐ Pet vaccination records |
| ☐ Allergy list | ☐ Recent family photo |
| ☐ Doctor/pharmacy contacts | ☐ Recent pet photo |
| ☐ School IDs or records | ☐ Printed evacuation route |



PARENT/GUARDIAN TIP:

A recent family photo can help with reunification if family members become separated. Keep a printed copy with emergency documents.

Need the full list? See the Waterproof Grab-and-Go Document Bag on page 10.

ESSENTIAL 9:

Update Insurance & Document Property

A few photos before the storm can make recovery easier later.

This page is mainly for adults and guardians. Before a storm, document your home and know how to reach your insurance company if you need to file a claim.



BEFORE THE STORM

- ☐ Take photos/videos of each room
- ☐ Photograph valuables and serial numbers
- ☐ Photograph the outside of the home
- ☐ **Print** policies and declaration pages
- ☐ Save claim phone numbers
- ☐ Back up photos digitally



PRO TIP:

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

INSURANCE CONTACTS

HOME/RENTERS INSURANCE:

Agent Phone: _____

Policy #: _____

Claims Phone #: _____

FLOOD INSURANCE:

Agent Phone: _____

Policy #: _____

Claims Phone #: _____

AUTO INSURANCE:

Agent Phone: _____

Policy #: _____

Claims Phone #: _____

This workbook is not insurance advice. Contact your insurance company or agent for policy-specific guidance.

ESSENTIAL 10:

Plan for Pets

Pets are part of the family plan.

Do not wait until an evacuation order to figure out where your pet can go. Not every shelter accepts pets, so choose a pet-safe location ahead of time.



PET KIT

- ☐ Food, water, and treats
- ☐ Leash, collar, and ID tag
- ☐ Carrier or crate
- ☐ Medication
- ☐ Vaccination records
- ☐ Photo of pet
- ☐ Comfort toy



SAFETY FIRST!

If your family may evacuate, plan for pets before the storm. **Do not assume every shelter can take them.**



PRO TIP:

Be sure your pet's microchip subscription is current in case you need to track them after the storm.

PET-SAFE PLAN

VETERINARIAN:

MICROCHIP NUMBER:

PET-FRIENDLY SHELTER:

BACKUP SAFE LOCATION:

KENNEL/FACILITY CONTACT:

CARRIER LOCATION:

Follow county guidance for pet shelters and service animals.

Business, School & Club Communication Tree

How groups share updates without confusion.

Families are not the only ones that need a communication plan. Schools, clubs, teams, and youth chapters should know who sends updates, who checks in, and what source everyone should trust.



LEADERSHIP NOTE:

Student leaders can help share reminders and resources, but adults make decisions about closures, travel, safety, and emergency instructions.

ROLE	PRIMARY PERSON	BACKUP PERSON
Main Adult Contact		
Student leader		
Backup student leader		
Person checking official alerts		

Do not ask students, volunteers, or employees to travel during unsafe conditions.

Real-Time Information Matters

Trusted updates help families avoid rumors and last-minute panic.

During a storm, information changes quickly. **Write down official sources before you need them**, and do not rely only on social media posts or group chats.

LOCAL EMERGENCY MANAGEMENT:

COUNTY/CITY ALERT SIGNUP:

SCHOOL CLOSURE SOURCE:

FEMA APP / RESOURCES:

LOCAL RADIO STATION:

BACKUP ADULT CHECKING ALERTS:



CALM CHECK:

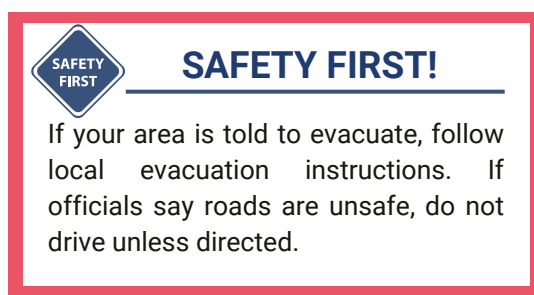
Trusted information helps reduce rumors, confusion, and panic. If updates feel overwhelming, take a break and ask a trusted adult what the family plan is.

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

Local Officials Make the Call

This workbook helps you prepare. It does not make emergency decisions.

Ready Together can help families organize contacts, supplies, documents, and plans. But during a real storm, the safest instructions come from local officials, emergency management, schools, and trusted emergency alerts.



THIS WORKBOOK CAN HELP YOU:

- ☐ Think ahead
- ☐ Write down contacts
- ☐ Build supplies over time
- ☐ Include kids in safe ways
- ☐ Prepare emotionally and physically

LOCAL OFFICIALS DECIDE:

- ☐ Evacuation orders
- ☐ Shelter openings
- ☐ Road safety
- ☐ School closures
- ☐ When it is safe to return

When in doubt, follow official alerts and local emergency instructions.

Florida Note: Disaster Preparedness Tax-Free Items

Check official state rules before you shop.

Florida permanently exempts selected disaster-preparedness items from sales tax. Eligible products, price limits, and definitions apply, so check the current official list before shopping. Examples may include batteries, portable generators, tarps or waterproof sheeting, gas cans, smoke and carbon-monoxide detectors, fire extinguishers, insect repellent, life jackets, and tie-down kits.

ITEMS FAMILIES OFTEN CHECK:

- | | |
|--|---|
| ☐ Batteries | ☐ Coolers |
| ☐ Flashlights | ☐ Tarps |
| ☐ Portable radios | ☐ Pet supplies |
| ☐ Generators | ☐ Other emergency supplies |



OFFICIAL SOURCE TO CHECK:

Florida Department of Revenue or Florida Division of Emergency Management

Website: FloridaDisaster.org/TaxFree

Last checked: August 2026



LOCALIZE IT:

If this workbook is used outside Florida, replace this page with your state's preparedness shopping guidance or remove it.

Tax rules change. Confirm current rules through official state sources before publication or shopping.

Preparedness Essentials Reflection

Use this page to choose your family's next small step.

The goal is not to finish everything today. The goal is to know what matters most and take the next useful step.



ONE THING WE ALREADY HAVE READY:

ONE THING WE STILL NEED TO DO:

ONE QUESTION WE WANT TO ASK A TRUSTED ADULT OR LOCAL OFFICIAL:

ONE THING THAT WOULD HELP KIDS IN OUR FAMILY FEEL CALMER:

OUR NEXT SMALL STEP:



SMALL WIN:

Preparedness is built one step at a time. If your family takes one action after reading this section, that counts.



KIDS4KIDS REMINDER:

Preparedness should create calm, connection, and confidence - not fear.

Next section: Make a Plan for Every Family Member.



**MAKE A PLAN FOR EVERY
FAMILY MEMBER**

CHAPTER 3

A HURRICANE PLAN

WORKS BEST WHEN...

it includes the real people, pets, schedules, medical needs, and comfort needs in your home.

This section turns preparedness into a family conversation. You do not need to complete every page at once. Start with the pages that fit your family, then come back when you are ready.

In this section:

- ☐ 20-minute family meeting
- ☐ Contacts and communication plan
- ☐ School, activities, and reunification plan
- ☐ Medication, oxygen, and power needs
- ☐ Pets, accessibility, and caregiving needs
- ☐ Family roles and comfort plans



CORE IDEA:

Everyone in the family should know the plan, but adults make the emergency decisions. Kids can help in safe, age-appropriate ways.

The 20-Minute Family Meeting

One calm conversation can reduce confusion later.

This meeting does not need to be perfect. The goal is to make sure everyone knows the basics before a storm is on the way.

Time	Topic	What to decide
5 minutes	Alerts	Where will we get official updates? Who checks them?
5 minutes	Contacts	Who is our out-of-town contact? Who helps nearby?
5 minutes	Shelter or evacuate	Where would we go? What is our safe room?
5 minutes	Roles & comfort	What can students safely help with? What helps everyone stay calm?



SMALL WIN:

If your family only has 20 minutes this week, use this meeting to choose an out-of-town contact and find your official alert source.



KIDS4KIDS REMINDER:

Kids should feel included, not responsible. A family meeting should answer questions, not put pressure on kids.

Students can help, but adults and officials make emergency decisions.

Household Information

The basic information your family may need quickly.

Home address	
Primary phone number	
Parent/guardian 1	
Parent/guardian 2	
Student names / schools	
Workplaces	
Local emergency management website	
Insurance agent/company	
Nearest hospital / urgent care	



LOCALIZE IT:

Write down the local emergency management website now. Do not wait until a storm is coming.

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

Emergency Contacts

Who we call, text, and check on.

Emergency	911
Out-of-town contact	
Nearby helper / ride contact	
Neighbor	
Family friend / backup adult	
Doctor / pediatrician	
Pharmacy	
Veterinarian	
Trusted adult for youth support	



PRO TIP:

After a storm, text messages may go through more easily than calls if phone networks are busy.

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

Family Communication Plan

How we will reach each other if plans change.

How we will contact each other	
Where we meet if separated	
Who we text first	
Who we call if phones are working	
What we do if phones do not work	
Where printed contacts are stored	
Who checks on younger kids	
Who checks on older relatives/neighbors	



CALM CHECK:

A plan does not remove every worry, but it gives everyone something clear to do.

Write down contacts and keep a printed copy with your emergency kit.

Out-of-Town Contact Cards

Copy this information for each family member.

Choose someone outside your area who can receive updates if local calls are not going through. Each family member should know this person's name and number.

CONTACT CARD Name: _____ Out-of-town contact: _____ Phone: _____ Backup phone: _____ Family meeting place: _____ Medical/allergy note: _____	CONTACT CARD Name: _____ Out-of-town contact: _____ Phone: _____ Backup phone: _____ Family meeting place: _____ Medical/allergy note: _____
CONTACT CARD Name: _____ Out-of-town contact: _____ Phone: _____ Backup phone: _____ Family meeting place: _____ Medical/allergy note: _____	CONTACT CARD Name: _____ Out-of-town contact: _____ Phone: _____ Backup phone: _____ Family meeting place: _____ Medical/allergy note: _____



SMALL WIN:

Take a photo of this page and keep one printed copy in each go bag.

Do not post completed contact cards publicly because they may contain private family information.

School Pickup Plan

What happens if a storm alert changes during school hours?

School name	
School phone / main office	
School closure source	
Primary pickup person	
Backup pickup person	
Who is not authorized to pick up	
Where student should wait	
What number student should call first	
Trusted adult at school	



PARENT/GUARDIAN TIP:

Make sure your school has current emergency contacts and pickup permissions before hurricane season.

Follow school instructions and official closure or reunification procedures.

Sports, Activities, Work & Friends' Homes

A plan for when students are not at home.

High school students are often at practice, work, club meetings, tutoring, or a friend's house. Talk through those situations before the weather changes.

If I am at...	I should contact...	Safe place to wait
School activity		
Sports practice		
Work / internship		
Friend's house		
Club / youth group		
Driving / in transit		



KIDS4KIDS REMINDER:

Students should not try to drive through unsafe weather. Call a trusted adult and follow official instructions.

Students should follow school, coach, employer, and local safety guidance.

Reunification Plan if Separated

Where we meet and who we contact.

First meeting place near home	
Backup meeting place outside neighborhood	
Out-of-town contact	
Who picks up younger children	
Who checks on pets	
How we update each other	
What we do if roads are blocked	
Where printed maps/contacts are stored	



CALM CHECK:

If your family gets separated, the goal is to follow the plan one step at a time. You do not have to solve everything at once.

If there is immediate danger, call 911 or follow local emergency instructions.

Evacuation Destination Plan

Where we would go if local officials tell us to leave.

Primary destination	
Address	
Phone number	
Backup destination	
Pet-safe option	
Primary route	
Backup route	
Fuel stop	
Printed directions stored	



PRO TIP:

Evacuating does not always mean going far away. Follow local instructions and choose the safest realistic destination for your family.

Always follow official evacuation orders and local emergency instructions.

Shelter-in-Place Plan

If we are told it is safer to stay put.

Sheltering in place means choosing the safest available place in your home or building and staying there until officials say it is safe to leave.

OUR SAFE AREA SHOULD HAVE:

- ☒ Interior room or hallway
- ☒ No windows, if possible
- ☒ Lowest safe level
- ☒ Flashlights
- ☒ Shoes for everyone
- ☒ Charged phone/power bank
- ☒ Water/snacks
- ☒ Comfort items



ROOMS/PLACES TO AVOID:

- ☐ Rooms with large windows
- ☐ Top floors if safer lower level exists
- ☐ Outside areas
- ☐ Garages or sheds
- ☐ Flood-prone spaces
- ☐ Anywhere adults say is unsafe

Always follow official alerts and local emergency instructions.

Medication Plan

What we need to have ready before a storm.

Medication / Item	Dose or Instructions	Refill / Location
Pharmacy		
Doctor/prescriber		
Allergies		
Medication list stored		
Copies of prescriptions stored		



PARENT/GUARDIAN TIP:

Ask your doctor or pharmacist how early you can refill important prescriptions before hurricane season.

Ask a doctor, pharmacist, or medical professional about medication backup plans.

Chilled Medication Plan

For medicine that needs to stay cool.

Some medication may need a specific temperature range. Plan this before power is out or evacuation is rushed.

Medication requiring refrigeration	
Required storage instructions	
Cooler location	
Cold packs / ice source	
Backup pharmacy	
Doctor/pharmacist instructions	
Evacuation location with cooling option	
Plan if power is out too long	



SAFETY FIRST!

Do not guess about medication safety after a power outage. Ask a doctor, pharmacist, or medical professional what to do.

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

Oxygen & Power-Dependent Medical Equipment

Adult/medical planning page.

This page is for families who use oxygen, powered medical equipment, mobility devices, refrigerated medicine, or other supports that may be affected by outages or evacuation.

Medical equipment	
Equipment supplier	
Supplier emergency phone	
Oxygen supplier	
Backup battery location	
How long backup power lasts	
Power company medical needs contact	
Special needs registry completed?	
Evacuation location with reliable power	



PRO TIP:

Call equipment suppliers, doctors, and local emergency management before hurricane season to ask what backup options are available.

Ask a doctor, equipment supplier, or local emergency management office about medical backup planning.

Accessibility & Sensory Needs

Planning for how each person receives information and stays safe.

Every family is different. Some people may need mobility support, communication support, sensory tools, service animals, or extra time to transition during an evacuation.

NEEDS TO PLAN FOR:

- ☐ Mobility device / wheelchair
- ☐ Hearing or vision support
- ☐ Communication device
- ☐ Sensory tools
- ☐ Service animal
- ☐ Extra medication or supplies
- ☐ Backup caregiver
- ☐ Transportation assistance

OUR PLAN:

NEED:

SUPPLY/LOCATION:

BACKUP PERSON:

TRANSPORTATION PLAN:

IMPORTANT INSTRUCTIONS:

OFFICIAL REGISTRY/RESOURCE:



LOCALIZE IT:

Some counties or states have special needs registries or evacuation assistance programs. Write the official link or phone number on this page.

Follow local emergency management guidance for accessibility and special needs planning.

Babies, Seniors & Caregiving Needs

A checklist for people who may need extra support.

SUPPLIES TO CONSIDER:

- ☐ Diapers / wipes
- ☐ Formula or baby food
- ☐ Bottles / feeding supplies
- ☐ Hearing aid batteries
- ☐ Glasses / contacts
- ☐ Mobility aids
- ☐ Extra clothing
- ☐ Personal hygiene items
- ☐ Comfort items

CARE PLAN:

PRIMARY CAREGIVER:

BACKUP CAREGIVER:

MEDICATION LIST:

TRANSPORTATION NEEDS:

SAFE PLACE TO STAY:

NOTES:



CALM CHECK:

For younger kids and older adults, small familiar routines can make a stressful situation feel more manageable.

Ask medical providers or caregivers about individual needs before hurricane season.

Pet & Service Animal Plan

Include every animal that depends on your household.

Pet / service animal name	
Veterinarian	
Microchip number	
Medication	
Vaccination records stored	
Carrier/crate location	
Leash/collar/ID location	
Pet-friendly shelter or safe location	
Backup pet caregiver	



SAFETY FIRST!

Not every shelter accepts pets.
Choose a pet-safe option before a storm is coming.



STUDENT HELPER ROLE

Students can help check food, toys, leashes, and comfort items, but adults make pet evacuation decisions.

Follow local shelter rules and official pet evacuation guidance.

Family Roles Chart

Who does what when we are preparing?

Assigning roles before a storm can reduce confusion. Keep student roles simple and safe.

Task	Adult Responsible	Student Helper
Check official alerts		
Gather documents		
Pack go bags		
Charge devices		
Prepare pet supplies		
Check on relatives/neighbors		
Keep younger kids calm		
Final house/car check		



KIDS4KIDS REMINDER:

A student helper role should be safe, clear, and age-appropriate. It should not feel like an adult responsibility.

Students can help, but adults and officials make emergency decisions.

Student Comfort Plan

What helps each student feel calmer and more grounded?

Comfort items are not extra. When routines are disrupted, familiar items and activities can help kids and teens feel more like themselves.

Student	Comfort items	Calming activities / trusted adult



CALM CHECK:

Ask each student: What would help you feel calmer if we had to leave home or the power went out?

If a child or teen seems unsafe or overwhelmed, tell a trusted adult or professional immediately.

Our Family Promise

A calm plan we can come back to.

We do not have to handle everything perfectly. We will prepare one step at a time, use official information, and support each other before, during, and after a storm.

OUR FAMILY PROMISE:

We will prepare together.

We will use calm, clear information.

We will follow official instructions.

Adults will make safety decisions.

Kids and teens can help, ask questions, and speak up when they feel scared or confused.

Family Signatures:

1	
2	
3	
4	
5	
6	



SMALL WIN:

If your family completed even one page in this section, you made progress.

Preparedness should create calm, connection, and confidence - not fear.



**KNOW YOUR ZONE,
KNOW YOUR HOME
& HOME SAFETY**

CHAPTER 4

KNOW YOUR ZONE

KNOW YOUR HOME

Safety is not one size fits all.

Before a storm is close, your family should understand where you live, what risks matter most, and how your home can be made safer. This section turns big emergency words like evacuation zone, storm surge, sheltering in place, and utility shutoff into simple family planning pages.

In this section:



Know why hurricane risk is more than wind



Write down your evacuation zone and flood risk



Choose safer areas inside your home



Plan for shutters, sandbags, outdoor items, and utilities



Think through transportation, shelter, water, sewer, and special-needs planning



KIDS4KIDS REMINDER:

Kids can help ask questions, find supplies, and understand the plan. Adults and local officials make emergency decisions.

Use official alerts and local emergency instructions for all evacuation and sheltering decisions.

Hurricane Risk Is More Than Wind

A hurricane can affect your home, roads, power, water, school, and routines.

A hurricane category mostly describes wind speed, but families should not focus only on the category. A weaker storm can still cause dangerous flooding, storm surge, tornadoes, rip currents, power outages, road closures, and communication problems.



WIND

Broken branches, roof damage, flying objects, unsafe windows.



WATER

Storm surge, flooding rain, flooded roads, drainage problems.



POWER & UTILITIES

Power outages, downed lines, loss of water, sewer problems.



ROADS & TRANSPORTATION

Traffic, bridge closures, low-water areas, blocked routes.



HEALTH & MEDICAL

Heat, medication storage, oxygen, medical equipment power.



YOUTH MENTAL WELLNESS

Stress, disrupted routines, scary media, separation from friends or school.



PRO TIP:

Do not ask only "What category is it?"
Ask: "What are the water, wind, power, road, and family impacts where we live?"

Hurricane hazards can include wind, storm surge, flooding rain, tornadoes, and outages.

Evacuation Zone Worksheet

Write your zone down before a storm is coming.

Evacuation zones are different from flood zones. Your local officials use evacuation zones to decide who may need to leave before a storm. Find your zone early and write down the official source.

Our evacuation zone	
Zone lookup website	
County/city alert signup	
Local emergency management office	
Nearest shelter option	
Pet-friendly shelter option	
Who will monitor evacuation orders	
Last checked date	



LOCALIZE IT:

If your area uses letters, colors, or numbers for evacuation zones, write exactly what your local system uses.

If an evacuation order is issued for your area, follow local instructions.

Flood & Storm Surge Risk

Water is one of the biggest hurricane dangers.

Flooding can happen from storm surge, heavy rain, overflowing canals or rivers, blocked drains, or low roads. This page helps your family think about water risk before you have to make decisions quickly.

Is our home near the coast, bay, canal, river, lake, or low area?	
Does our street flood during heavy rain?	
Where does water collect near our home?	
Which roads near us flood first?	
Where can we move important items higher?	
Where can we park a vehicle on higher ground?	
Official flood/storm surge resource	



SAFETY FIRST!

Never walk, bike, or drive through floodwater. You may not see the depth, current, holes, debris, or downed power lines.

Turn Around, Don't Drown. Avoid floodwater and follow local road closures

Know Your Home Worksheet

Choose safer places inside your home before the wind starts.

Every home is different. The goal is to know where supplies are, what rooms to avoid, and what needs to be secured before the storm arrives.

Safest interior room	
Lowest safe level we can use	
Rooms with the most windows to avoid	
Where flashlights are stored	
Where emergency supplies are stored	
Outdoor items to bring inside	
Window/shutter plan	



CALM CHECK:

Kids feel less overwhelmed when they know where the family will go inside the home and what simple things they can help gather.

Use your family plan and local instructions to decide whether to shelter or evacuate.

Safe Room House Diagram

A simple way to talk about where to shelter from severe wind.

Use this page to mark your safer room. In many homes, a better shelter area is an interior room on a lower level, away from windows and exterior doors. Your safest option may be different if local officials tell you to evacuate.



Area	Usually safer?	Family notes
Top floor / attic	Avoid for severe wind	
Room with large windows	Avoid	
Interior room / hallway / closet	Often better	

If you are in an evacuation zone or unsafe structure, follow evacuation orders instead of sheltering in place.

Sheltering from Severe Winds

What to bring into your safe area.

If your family is sheltering in place, choose the safest area before winds increase. Do not wait until conditions are dangerous to move supplies or pets.

- ☐ Flashlights
- ☐ Shoes for each person
- ☐ Phone & charger/power bank
- ☐ Battery radio or alert device
- ☐ Water & snacks
- ☐ Pet leash/carrier nearby
- ☐ Basic first aid
- ☐ Student comfort item

Where stored: _____

Where stored: _____

Charged? ☐ Yes ☐ No

Batteries? ☐ Yes ☐ No

Enough? _____

Pet plan: _____

Location: _____

Item: _____



WHAT NOT TO DO:

Do not go outside during severe winds, and do not assume the storm is over if conditions suddenly become calm. Wait for official updates.

Stay indoors and away from windows during severe wind unless officials instruct otherwise.

Hurricane Shutter Safety: Before the Storm

Plan ahead so nobody is rushing when conditions are unsafe.

Shutters and window protection can reduce damage, but installing them at the last minute can be risky. Decide who is responsible, where supplies are stored, and when the work should be done.

- ☐ Know where shutters, hardware, or plywood are stored
- ☐ Decide who is physically able to install them safely
- ☐ Keep one safe exit plan in mind
- ☐ Bring outdoor furniture and loose items inside
- ☐ Check that tools, screws, wing nuts, and labels are complete
- ☐ Install early enough to avoid dangerous wind or lightning
- ☐ Do not ask kids to climb ladders or handle heavy panels
- ☐ Check on neighbors only if it is safe to do so



PARENT/GUARDIAN TIP:

Label shutters by room before hurricane season. A little organization now can prevent stress when a storm is approaching.

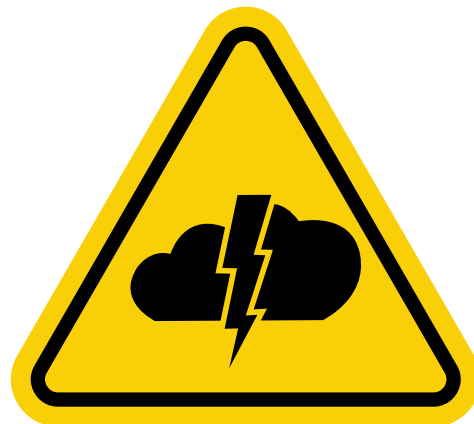
Do not install shutters or climb ladders when weather conditions are unsafe.

Hurricane Shutter Safety: After the Storm

Remove or open storm protection when it is safe.

Once officials say it is safe, think about light, ventilation, emergency exits, and fire rescue access. Shutters should not stay closed longer than needed.

- ✓ Wait until winds are down and it is safe to go outside
- ✓ Check for downed lines, broken glass, loose branches, or standing water first
- ✓ Remove or open at least one safe exit route
- ✓ Make sure bedrooms and living spaces are not trapped behind closed shutters
- ✓ Check that smoke alarms and carbon monoxide alarms are working
- ✓ Store shutter hardware in labeled bags for next time
- ✓ Take photos of any storm damage before cleanup



SAFETY FIRST!

Do not let children explore around shutter panels, broken glass, or loose metal. Damaged areas can be sharp and unstable.

After the storm, wait for safe conditions before removing shutters or inspecting damage.

Sandbags & Flood Barriers

Helpful for some water issues, but not a guarantee.

Sandbags can sometimes help redirect shallow water or slow minor water intrusion, but they do not make a home floodproof and they are not protection from dangerous storm surge.

Before the storm	Find your county sandbag source. Bring ID if required. Do not wait until supplies run out.
Placement	Use around doors, garage openings, or low entry points when recommended.
Limits	Sandbags may fail in deep water, fast-moving water, or storm surge.
Receipts	Keep receipts/photos for flood-loss avoidance expenses when applicable.
After the storm	Treat used sandbags as potentially contaminated and follow local disposal instructions.



SMALL WIN:

Write your county sandbag pickup site on page 6 before hurricane season.

Use sandbags only as one part of a larger flood and evacuation plan.

Outdoor Items & Yard Safety

Anything loose can become a hazard in high wind.

Before winds increase, bring in or secure objects that could blow around. This is a good place for students to help with safe, lightweight tasks while adults handle heavy or dangerous items.

☐ Patio chairs and cushions

☐ Pool toys and floats

☐ Potted plants

☐ Bikes and scooters

☐ Loose branches/yard debris

☐ Outdoor electronics/cords

☐ Trash/recycling bins

☐ Garden tools and hoses

☐ Sports equipment

☐ Grills or propane tanks (adult only)

☐ Decorations, flags, umbrellas, signs

☐ Balcony items



STUDENT HELPER ROLE:

Students can help gather lightweight items, but adults should handle propane, ladders, sharp tools, and heavy furniture.

Bring in or secure outdoor items before conditions become unsafe.

Reinforce Your Home

Small improvements can reduce stress and damage.

Home reinforcement does not have to happen all at once. Use this page as a starter list for things to check before hurricane season.

Item	Done	Need Help
Window/door protection plan	☐	☐
Garage door check	☐	☐
Roof/soffit visual check	☐	☐
Tree/branch trimming plan	☐	☐
Outdoor drainage check	☐	☐
Insurance contact reviewed	☐	☐
Photos of home taken	☐	☐



PRO TIP:

Take a slow video of the outside of your home before hurricane season. It can help later if you need to show what changed.

Ask licensed professionals about repairs or mitigation work when needed.

Apartments, Condos, Dorms & High-Rises

Your building plan matters too.

If you live in a shared building, you need both a family plan and a building plan.

Elevators, parking garages, balconies, management alerts, and common areas may all be affected.

Building/management contact	
Building alert method	
Elevator plan if power goes out	
Parking garage/flooding plan	
Balcony items to bring inside	
Guest/visitor rules during storms	
Where packages/mail may be held	
Building shelter guidance	



LOCALIZE IT:

Ask your building, dorm, HOA, or property manager where official storm updates will be posted.

Follow building rules and local emergency instructions during severe weather

Manufactured Homes, RVs & Boats

Some places are not safe to ride out severe weather.

Families living in or staying in manufactured homes, RVs, campers, boats, or temporary structures should plan early. These spaces may not provide enough protection from severe wind, flooding, or storm surge.

- ☐ Know where the nearest safer shelter or sturdy building is
- ☐ Decide when your family would leave
- ☐ Plan transportation before winds or flooding begin
- ☐ Pack medications, documents, pets, and comfort items early
- ☐ Move the RV/boat only if it is safe and time allows
- ☐ Follow marina, campground, park, or local official instructions
- ☐ Do not stay because you are worried about belongings



SAFETY FIRST!

If local officials tell your area or structure type to evacuate, do not wait. **Property can be replaced; people cannot.**

Roads, Bridges & Low-Water Areas

The route that looks fastest may not be safest.

Hurricanes can flood roads, damage bridges, knock down power lines, and block familiar routes. Your family should know a primary route and a backup route before an evacuation is needed.

Low roads near us	
Bridges or causeways we use	
Roads that flood in heavy rain	
Official traffic/511 resource	
Backup route 1	
Backup route 2	
Where printed maps are stored	



WHAT NOT TO DO:

Do not take shortcuts through flooded or unfamiliar roads. Follow posted closures and official routes.

Do not drive through floodwater. Turn around and choose another route.

“Tens, Not Hundreds” Planning

Evacuation distance depends on the storm and your risk.

Sometimes evacuating may mean going far away. Other times, a safer location tens of miles inland may be enough. The key is not the distance; the key is following local instructions and getting to a safer place before conditions are dangerous.

Option	Where could we go?	Good for
Nearby safer place		Leaving a flood/evacuation zone while staying local
Family/friend inland		More space, pets, medical needs
Hotel		Privacy, power, pet policies if allowed
Shelter		If you need a public shelter option



PRO TIP:

Do not choose distance first. Choose safety first: zone, flooding risk, shelter availability, pets, medical needs, and official instructions.

Evacuation choices should be based on official guidance, storm risk, and your family's needs.

Transportation & Fuel Plan

Do not wait until everyone is on the road.

A family evacuation plan needs more than a destination. Think about the car, fuel, chargers, printed directions, pets, medications, and what happens if traffic is heavy.

Primary vehicle	
Backup vehicle/ride	
Driver	
Gas/charging plan	
Car charger location	
Printed directions location	
Pet/carrier plan	
Car kit location	



SMALL WIN:

During hurricane season, try not to let the gas tank get too low. A half-full tank gives your family more options.

Leave early if officials tell your area to evacuate. Do not wait for roads to become unsafe.

Utility Shutoff Plan

Adult-only planning for water, gas, and electricity.

Some emergencies may require utilities to be turned off, but this should be handled by adults who know the correct instructions. Students should know who to ask, not try to do this themselves.

Utility	Where is it?	Who handles it?
Water shutoff		
Electrical panel		
Gas shutoff		
Utility company phone		
Instructions stored		
Tools needed		



SAFETY FIRST!

Students should not turn off gas, electricity, or water unless specifically trained and directed by a trusted adult. If you smell gas, leave and call for help.

Follow utility company and local official instructions for shutoff and reconnection.

Water & Sewer Outage Plan

Plan for drinking water, washing water, and bathroom needs.

Power outages and storms can affect water systems, wells, pumps, wastewater systems, and local boil-water notices. Write down how your family will handle water if services are interrupted.

Drinking water stored	
Water for pets	
Water for washing/cleaning	
Water utility alert source	
Boil-water notice source	
Private well/pump plan	
Septic/lift station concern	
Bathroom backup plan	



LOCALIZE IT:

Know who your water provider is. A boil-water notice may apply to one service area but not another.

Follow local water and wastewater advisories after a storm.

Bathtub Water Plan

Useful for flushing, cleaning, and washing - not your main drinking water.

Before a storm, some families fill a clean bathtub or large containers with water for non-drinking uses. This can help if water service is interrupted.

- ☐ Clean the tub before filling it
- ☐ Use bathtub water for flushing toilets, basic cleaning, or washing when appropriate
- ☐ Do not rely on bathtub water as your main drinking water
- ☐ Store drinking water separately in clean, food-safe containers
- ☐ Keep young children and pets away from filled tubs unless supervised
- ☐ Follow local boil-water or water-safety instructions



PRO TIP:

Write “drinking water” and “washing/flushing water” on containers so nobody mixes them up during a stressful moment.

Use safe drinking water guidance from local officials. Do not drink unsafe stored water.

Toilet Flushing Without Running Water

Know the basic idea before you need it.

Toilets and plumbing systems are different. Some homes can flush manually with stored water; others may have pumps, septic systems, or sewer issues that make flushing unsafe or limited. Follow local wastewater guidance.

What to check	City sewer? Septic? Well pump? Lift station? Smart toilet?
Stored water source	Tub, bucket, rain-safe container, or other non-drinking water.
Basic method	Pour water into the toilet bowl or tank only if your plumbing system can handle it.
When to stop	If water backs up, drains slowly, or local officials say to limit wastewater use.
Who handles it	Adult or older teen with adult permission; younger kids should not manage sanitation tasks.



SAFETY FIRST!

Never mix cleaning chemicals, and wash hands carefully after handling any bathroom backup supplies.

Plumbing systems vary. Follow local utility or wastewater guidance during outages.

Shelter, Hotel, or Staying With Family

Compare options before a storm is close.

The best evacuation location depends on your family's risk, budget, transportation, pets, medical needs, and how far you need to go. Use this page to compare options calmly.

Option	Address/Contact	Pets?	Medical/Power?
Family/friend		☐ yes ☐ no	☐ yes ☐ no
Hotel		☐ yes ☐ no	☐ yes ☐ no
Public shelter		☐ yes ☐ no	☐ yes ☐ no
Pet-safe location		☐ yes ☐ no	☐ yes ☐ no
Backup option		☐ yes ☐ no	☐ yes ☐ no



CALM CHECK:

Kids often feel calmer when they know where they might sleep, whether pets can come, and who will be with them.

Check shelter availability and rules through official local sources before relying on a location.

Special Needs Shelter / Registry

Register early if your family may need extra support.

Some communities have special needs registries or shelters for people who need medical, mobility, oxygen, electricity, transportation, or caregiver support. These programs are usually not automatic - families may need to register early.

Registry website/phone	
Who in our family may need support	
Medical equipment or oxygen need	
Transportation need	
Caregiver/contact person	
Documents needed	
Registration date / confirmation	



ADULT/MEDICAL PLANNING

Ask doctors, equipment suppliers, and local emergency management what backup plan your family needs before hurricane season.

Special needs shelter and registry rules vary by county or state. Confirm details locally.

Know Your Zone & Home Review

One last check before you move on.

Use this page to mark what your family has completed and what still needs attention.
You do not have to finish everything today.

Action	Done	Still need
Evacuation zone written down	☐	☐
Flood/storm surge risk discussed	☐	☐
Safest room chosen	☐	☐
Shutter/window plan reviewed	☐	☐
Outdoor items plan made	☐	☐
Sandbag/flood barrier source noted	☐	☐
Transportation/fuel plan discussed	☐	☐
Utility shutoff adult identified	☐	☐
Water/sewer backup plan discussed	☐	☐
Shelter/hotel/family options compared	☐	☐
Special needs registry checked	☐	☐



SMALL WIN:

Pick one "Still Need" item and schedule a time to handle it. Preparedness is built in small steps.



KIDS4KIDS REMINDER:

The goal is not to scare anyone. The goal is to help the whole family feel safer, calmer, and more ready.

Always follow official alerts and local emergency instructions.



**SEVEN-DAY KIT, POWER,
FOOD, MEDICAL
SUPPLIES & SHOPPING**

CHAPTER 5

SEVEN-DAY KIT

POWER, FOOD, MEDICAL, SHOPPING

Preparation is key.

This section helps families build supplies over time without panic-buying or feeling like everything has to be finished in one day. The goal is simple: start with what you have, add what you can, and make sure every person in the family has what they need to feel safe, supported, and ready.

In this section:

-  Build from a 3-day starter kit toward 7 days
-  Plan water, food, power, medicine, and medical devices
-  Create student comfort bags, pet kits, and car evacuation kits
-  Prepare for shopping shortages and power outages
-  Use the shopping hub as a helpful shortcut, not a requirement



KIDS4KIDS REMINDER:

A kit is not just water and batteries. For kids and teens, comfort items, familiar activities, and trusted information can also make a stressful situation feel more manageable.

Build supplies gradually. Follow official alerts and local emergency instructions during a storm.

Start With 3 Days, Build Toward 7

Preparedness can be built one grocery trip at a time.

A seven-day kit is the goal, especially in hurricane-prone areas, but many families cannot buy everything at once. That is okay. Start with a 3-day starter kit, then add one or two items each week until your family has enough supplies to be more self-sufficient after a storm.

Step	What to do	Done
1	Gather what you already have: flashlights, batteries, basic food, water bottles, chargers.	☐
2	Create a 3-day starter kit for each family member.	☐
3	Add one item each grocery trip or online order.	☐
4	Build toward 7 days of water, food, medicine, power, and pet supplies.	☐
5	Review expiration dates and family needs once a month during hurricane season.	☐



SMALL WIN:

If you add one item today, that counts. Preparedness is built one step at a time.

Keep supplies in a place your family can find quickly.

Seven-Day Kit Master Checklist

Use this as the big-picture list. The next pages break it down.

CORE SUPPLIES:

- ☐ Water
- ☐ Nonperishable food
- ☐ Manual Can Opener
- ☐ Flashlights
- ☐ Extra batteries
- ☐ Battery or hand-crank radio
- ☐ First aid kit
- ☐ Medications
- ☐ Phone chargers & power banks
- ☐ Cash in small bills

FAMILY-SPECIFIC SUPPLIES

- ☐ Baby supplies
- ☐ Senior care supplies
- ☐ Accessibility needs
- ☐ Medical device power plan
- ☐ Pet supplies
- ☐ Allergy-safe foods
- ☐ Copies of important documents
- ☐ Student comfort items
- ☐ Games/books/activities
- ☐ Masks, wipes, sanitizer



PRO TIP:

Put a sticky note on your kit with the last date it was checked. Old batteries, expired food, and missing chargers are easier to fix before a storm is on the way.

Start with what you have and build toward seven days when possible.

Water Checklist

Plan for drinking, pets, hygiene, and basic cleanup.

Water planning is one of the easiest things to start early. Store drinking water safely and remember that pets, babies, medical needs, and cleanup may require more.

DRINKING & FOOD PREP

- ☐ Water for each person
- ☐ Water for baby formula if needed
- ☐ Water for pets/service animals
- ☐ Water for brushing teeth
- ☐ Safe water for medications
- ☐ Reusable water bottles

WASHING & HOUSEHOLD USE

- ☐ Water for handwashing
- ☐ Water for basic cleanup
- ☐ Water for toilet flushing
- ☐ Pre-sanitized tubs/containers if advised
- ☐ Water purification tablets/filter if appropriate
- ☐ Boil-water notice plan



PRO TIP:

Before a storm, some families fill clean tubs or containers with water for washing or flushing. Do not use that water for drinking unless it is stored safely in food-grade containers and local guidance says it is safe.

Follow local boil-water notices and water safety instructions.

Food Checklist

Choose foods your family will actually eat.

A kit is more useful when it includes foods that fit your family's diet, allergies, culture, and comfort needs. Try to choose foods that do not require refrigeration or complicated cooking.

SHELF-STABLE BASICS

- ☐ Canned vegetables/fruit
- ☐ Canned beans or soups
- ☐ Tuna/chicken packets
- ☐ Peanut butter or nut-free spread
- ☐ Crackers, rice cakes, tortillas
- ☐ Granola/protein bars
- ☐ Cereal or oatmeal
- ☐ Shelf-stable milk or alternatives

HELPFUL EXTRAS

- ☐ Manual can opener
- ☐ Disposable plates/cups
- ☐ Utensils
- ☐ Napkins/paper towels
- ☐ Allergy-safe snacks
- ☐ Comfort snacks
- ☐ Electrolyte drinks if appropriate
- ☐ Pet food nearby, not mixed with family food



SMALL WIN:

Let kids choose one familiar snack for the kit. A small comfort food can help a stressful situation feel more normal.

Check expiration dates and replace food before hurricane season.

Special Diets & Allergies

A plan matters most when normal options are hard to find.

Storm shopping can be rushed and shelves may be limited. Families with allergies, diabetes, sensory food needs, feeding needs, or special diets should plan early.

Food allergies in our family	
Foods that are safe for us	
Foods we should avoid	
Emergency snacks that work	
Formula/feeding supplies if needed	
Diabetes or blood sugar supplies	
Food texture/sensory needs	
Who to call with diet/medical questions	

 **PARENT/GUARDIAN TIP:**
Keep a printed allergy list with the emergency kit and go bag. If someone else helps care for your child during an evacuation, they should not have to guess.

Ask a doctor, dietitian, or pharmacist about specific medical nutrition needs.

Utensils, Hygiene & Sanitation

Small items can make long outages much easier.

EATING + CLEANUP

- ☐ Manual can opener
- ☐ Disposable plates/bowls
- ☐ Cups
- ☐ Forks/spoons
- ☐ Paper towels
- ☐ Trash bags
- ☐ Resealable bags
- ☐ Dish soap

HYGIENE + SANITATION

- ☐ Soap
- ☐ Hand sanitizer
- ☐ Wipes
- ☐ Toilet paper
- ☐ Feminine hygiene products
- ☐ Toothbrush/toothpaste
- ☐ Towels/washcloths
- ☐ Gloves for cleanup



PRO TIP:

Pack sanitation supplies in a clear bin or labeled bag so they do not get buried under food or tools.

Wash hands whenever possible and follow local water safety guidance.

Light, Radio & Alerts

Have ways to see, listen, and receive updates without Wi-Fi.

LIGHT SOURCES

- ☐ Flashlights
- ☐ Headlamps
- ☐ Lanterns
- ☐ Extra batteries
- ☐ Glow sticks for kids if appropriate
- ☐ Battery-powered night light

ALERT SOURCES

- ☐ Battery or hand-crank radio
- ☐ NOAA Weather Radio if available
- ☐ FEMA app before the storm
- ☐ County/city alerts
- ☐ Local radio stations written down
- ☐ Printed contact list



WHAT NOT TO DO:

Do not rely only on social media. During storms, rumors can spread faster than official updates.

Use multiple trusted alert sources and keep written backups.

Batteries, Power Banks & Chargers

Charge early. Label cords. Keep backups together.

CHARGE THESE BEFORE THE STORM

- ☐ Phones
- ☐ Tablets
- ☐ Laptops if needed
- ☐ Power banks
- ☐ Battery fans
- ☐ Rechargeable flashlights
- ☐ Medical-device batteries
- ☐ Portable radio

PACK THESE TOGETHER

- ☐ Phone cords
- ☐ Wall plugs
- ☐ Car chargers
- ☐ USB battery packs
- ☐ Extension cord if safe/needed
- ☐ Battery organizer
- ☐ Extra AA/AAA/D batteries
- ☐ Device list with priorities



SMALL WIN:

Make one “charging bag” with cords and power banks. It is easier than searching the house when everyone is stressed.

Keep medical-device charging plans separate and review them with a provider or supplier.

Family Charging Schedule

Decide what gets charged first if power is limited.

Device / Item	Owner	Priority	Charger location	Backup power?
Phone		High		☐
Power bank		High		☐
Medical device		High		☐
Radio / flashlight		High		☐
Tablet / laptop		Medium		☐
Battery fan		Medium		☐
Other				☐



PRO TIP:

Turn on low-power mode, dim screens, and use text messages when cell service is weak. Save battery for official updates and family communication.

Print important numbers in case a phone battery dies.

First Aid Supplies

Keep basic supplies together and easy to find.

BASIC FIRST AID

- ☐ Bandages in different sizes
- ☐ Gauze pads
- ☐ Medical tape
- ☐ Antiseptic wipes
- ☐ Antibiotic ointment if appropriate
- ☐ Tweezers
- ☐ Thermometer
- ☐ Disposable gloves

FAMILY-SPECIFIC ADDITIONS

- ☐ Pain/fever medicine
- ☐ Allergy medicine
- ☐ Inhaler/spacer if prescribed
- ☐ EpiPen if prescribed
- ☐ Motion sickness items
- ☐ Copies of prescriptions
- ☐ Emergency medical contacts
- ☐ First aid instructions



PARENT/GUARDIAN TIP:

Check medicine labels, expiration dates, and dosing tools before hurricane season. Ask a pharmacist if you are unsure what is safe for your family.

This workbook does not replace medical advice. Ask a medical professional about family-specific needs.

Medication List

Write it down before you need it.

Medication	Dose	Time	Prescriber / Pharmacy	Refill needed?
				☐
				☐
				☐
				☐
				☐
				☐
Item			Information	
Pharmacy name/phone				
Backup pharmacy				
Medication list location				
Insurance card location				
Allergies				
Who manages medication during evacuation				



SMALL WIN:

Take a photo of medication bottles and keep a printed list in the waterproof document bag.

Ask your doctor or pharmacist how to prepare prescription refills before a storm.

Chilled Medication Cooler Plan

Some medicine needs a temperature plan before the power goes out.

If anyone in your family uses refrigerated medication, talk to a doctor, pharmacist, or equipment supplier before hurricane season. Do not guess about whether a medicine is safe after it gets warm or frozen.

Need	Our Plan
Medication requiring refrigeration	
Safe temperature instructions	
Cooler location	
Cold packs location	
Backup power option	
Evacuation location with refrigeration	
Pharmacy/doctor to call	
What to do if medicine gets too warm	



SAFETY FIRST!

Do not freeze medications unless a doctor or pharmacist tells you to. When in doubt, ask a medical professional before using medication affected by heat.

Talk to a medical provider about refrigerated medicines and power outage plans.

Babies, Seniors, Disabilities & Accessibility Supplies

Plan for the people who may need extra support.

BABY / CHILD NEEDS

- ☐ Formula or safe feeding supplies
- ☐ Diapers and wipes
- ☐ Baby food/snacks
- ☐ Comfort item
- ☐ Extra clothes
- ☐ Medication list
- ☐ Safe sleep items
- ☐ School/ID info

SENIOR / ACCESSIBILITY NEEDS

- ☐ Mobility aids
- ☐ Hearing aid batteries
- ☐ Glasses/contacts
- ☐ Medical device supplies
- ☐ Backup batteries
- ☐ Sensory supports
- ☐ Communication cards
- ☐ Caregiver contact list



LOCALIZE IT:

If your county has a special needs registry or evacuation assistance program, write the link and phone number on your Medical & Power page.

Register early for special-needs assistance where available. Do not wait until a storm is close.

Pet Kit

Pets and service animals need their own plan.

PET SUPPLIES

- ☐ Food
- ☐ Water
- ☐ Treats
- ☐ Bowls
- ☐ Leash/collar/ID tag
- ☐ Crate or carrier
- ☐ Waste bags/litter
- ☐ Comfort toy

PET DOCUMENTS & CARE

- ☐ Vaccination records
- ☐ Medication
- ☐ Veterinarian contact
- ☐ Microchip number
- ☐ Recent pet photo
- ☐ Pet-friendly shelter/kennel
- ☐ Backup pet-safe location
- ☐ Service animal needs



SAFETY FIRST!

Not all shelters accept pets. Choose a pet-safe option before a storm is coming.

Include pets and service animals in evacuation and shelter plans.

Student Comfort Bag

Comfort items are not extra. They can help kids feel grounded.

COMFORT & CALM

- ☐ Favorite hoodie or blanket
- ☐ Small stuffed animal or item from home
- ☐ Journal and pen
- ☐ Book
- ☐ Headphones
- ☐ Downloaded playlist
- ☐ Photos or notes
- ☐ Breathing/calming card

USEFUL & AGE-APPROPRIATE

- ☐ Deck of cards
- ☐ Small game
- ☐ Coloring/art supplies
- ☐ School charger
- ☐ Snack
- ☐ Water bottle
- ☐ Glasses/contacts if needed
- ☐ One thing that feels normal



CALM CHECK:

Ask kids and teens: "What would help you feel calmer if we had to leave home or sit without power?"

Kids should feel included, not responsible. Comfort items can support emotional safety.

Car Evacuation Kit

Pack for delays, pets, kids, and low cell service.

CAR BASICS

- ☐ Water
- ☐ Snacks
- ☐ Phone charger/car charger
- ☐ Printed route
- ☐ Flashlight
- ☐ Small first aid kit
- ☐ Trash bags
- ☐ Paper towels/wipes

FAMILY ADD-ONS

- ☐ Pet supplies
- ☐ Comfort items for kids
- ☐ Medication cooler if needed
- ☐ Spare glasses/contacts
- ☐ Cash for tolls or gas
- ☐ Blanket/towel
- ☐ Motion sickness supplies
- ☐ Emergency contact card



PRO TIP:

Keep the gas tank at least halfway full during hurricane season if you can. Evacuation traffic can make normal errands take much longer.

Follow evacuation orders and do not drive through flooded roads.

Shopping Shortages Plan

Prepare early so your family is not rushing with everyone else.

Before a storm, stores can run low on water, batteries, flashlights, canned food, gas, propane, and pet supplies. The goal is not to buy everything at once. The goal is to avoid waiting until the last minute.

Item	Buy early?	Where we usually find it	Backup option
Water	☐		
Batteries	☐		
Flashlights	☐		
Canned food	☐		
Pet food	☐		
Medication/refills	☐		
Power banks	☐		
Paper goods	☐		



SMALL WIN:

Add one storm item to your normal grocery trip. It is less stressful and often less expensive than panic shopping.

Build gradually and leave supplies for other families too.

Weekly Build-Over-Time Tracker

A simple way to build your kit without getting overwhelmed.

Week / Trip	Add this	Where stored	Done
Week 1	Water or refillable containers		☐
Week 2	Flashlight & batteries		☐
Week 3	Shelf-stable meals/snacks		☐
Week 4	First aid & medication list		☐
Week 5	Power bank & cords		☐
Week 6	Pet or family-specific supplies		☐
Week 7	Comfort items & activities		☐
Week 8	Document bag & printed route		☐



SMALL WIN:

If your family can only do one thing this week, choose the item that would be hardest to find during a storm rush.

Preparedness is a process, not a one-day project.

Ready Together Shopping Hub

Use this as a shortcut, not a requirement.



PRO TIP:

Write down the website too. QR codes are helpful, but phones, power, and data may not work when you need them.

A shopping hub can make it easier for families to see examples of supplies. Buy where it is most affordable and accessible for your family. The goal is preparation, not buying a specific brand.

Resource	QR	Website	Print?
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	☐
Car Evacuation Kit		ready.gov/car	☐
Medical & Power Needs List		cdc.gov/natural-disasters/response/what-to-do-protect-yourself-during-a-power-outage.html	☐



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

Use shopping lists as examples. Buy where it is affordable and accessible for your family.

Local Stores & Community Resources

Write down where your family can get supplies or help.

Resource	Name / phone / website
Grocery store	
Pharmacy	
Hardware store	
Gas station	
Pet supply store	
Medical supply company	
Community supply drive location	
Local assistance organization	
Friend/family who may share supplies	
Notes about transportation or hours	



LOCALIZE IT:

Some communities open sandbag sites, cooling centers, charging stations, or supply distributions. Write down official sources before a storm.

Check local official sources for supply sites and emergency assistance.

Power Outage Plan

Think through light, food, medicine, devices, and heat before the lights go out.

Need	Our Plan
Flashlights/lanterns location	
Battery/radio location	
Power banks location	
Medical device backup power	
Refrigerated medication plan	
Food safety plan	
Cooling plan if the house gets hot	
Charging location outside home if needed	



PRO TIP:

Keep shoes, a flashlight, and a phone near your bed during a storm. If the power goes out at night, you do not want to walk through the house barefoot in the dark.

Stay away from downed power lines and report outages through official utility channels.

Fridge & Freezer Safety

Keep doors closed and know when food may be unsafe.

During a power outage, cold air escapes every time a refrigerator or freezer door opens. Use this page to plan what to eat first and when to throw food out.

If power is out...	What to remember
Refrigerator	Keeps food cold for about 4 hours if unopened.
Full freezer	Can hold safe temperature for about 48 hours if unopened.
Half-full freezer	Can hold safe temperature for about 24 hours if unopened.
When unsure	When in doubt, throw it out.
Before the Storm	During/After Outage
☐ Freeze water bottles	☐ Keep doors closed
☐ Group freezer items together	☐ Use fridge food first
☐ Set fridge/freezer colder if safe	☐ Check temperatures if possible
☐ Have cooler and ice plan	☐ Discard unsafe perishables



SAFETY FIRST!

Do not taste food to see if it is safe. If you are not sure, throw it out.

Follow official food safety guidance after power outages and flooding.

Cooler & Ice Plan

Use coolers for food and chilled medication planning.

During a power outage, cold air escapes every time a refrigerator or freezer door opens. A cooler can help protect selected food or medication for a limited time when power is out. Decide what must stay cold, where ice or cold packs will come from, and how food and medicine will remain separated and labeled. Use this page to plan what to eat first and when to throw food out.

Item	Our Plan
Cooler location	
Ice/cold pack location	
Who fills cooler	
Food to move first	
Medication needing cooling	
Where to buy ice if available	
Backup place with refrigeration	
Thermometer location	



PRO TIP:

Frozen water bottles can help keep a freezer or cooler cold and later become drinking water when they melt, if the water was stored safely.

Keep food, medicine, and pet items separated and labeled when possible.

Generator Safety

Carbon monoxide can be deadly and invisible.

Generators can help during an outage, but they can also be extremely dangerous if used incorrectly. This is an adult-only safety page. Kids should stay away from generators, cords, fuel, and setup decisions.

DO	DO NOT
Use generators outside only.	Do not use inside a home, garage, porch, shed, or carport.
Keep generators at least 20 feet from homes/buildings.	Do not place near windows, doors, or vents.
Point exhaust away from people and openings.	Do not run in wet conditions unless protected as instructed.
Use carbon monoxide alarms.	Do not let children handle the generator or fuel.
Follow manufacturer instructions.	Do not plug into wall outlets unless professionally installed for that purpose.



SAFETY FIRST!

If anyone feels dizzy, weak, sick, confused, or unusually sleepy near a generator, get outside immediately and call for help.

Follow product instructions and official generator safety guidance.

Propane, Grill & Gas Safety

Outdoor cooking tools should stay outdoors.

DO	DO NOT
Use grills outside in open air.	Do not use propane or charcoal grills indoors.
Keep grills away from doors, windows, and vents.	Do not cook in a garage, porch, or enclosed space.
Store propane safely and upright.	Do not store propane near heat or flames.
Leave immediately if you smell gas.	Do not flip switches or use electronics if a gas leak is suspected.
Call professionals for gas concerns.	Do not let kids handle propane, fuel, or grills.



WHAT NOT TO DO:

Do not use a gas stove, oven, charcoal grill, or propane grill to heat your home.

If you smell gas or suspect a leak, leave the area and contact emergency or utility professionals.

Candle & Fire Safety

Flashlights are usually safer than open flames.

BETTER CHOICES

- ☐ Flashlights
- ☐ Battery lanterns
- ☐ Headlamps
- ☐ Glow sticks if appropriate
- ☐ Battery-powered night lights
- ☐ Extra batteries

IF CANDLES ARE USED BY ADULTS

- ☐ Keep away from curtains/paper
- ☐ Use stable holders
- ☐ Keep away from kids and pets
- ☐ Never leave unattended
- ☐ Keep matches/lighters secured
- ☐ Extinguish before sleeping



SAFETY FIRST!

After a storm, families may be tired and distracted. Open flames can become dangerous quickly. Use battery lighting whenever possible.

Keep children away from flames, lighters, matches, and damaged electrical equipment

Kit Inventory & Review Calendar

A kit only helps if it is updated.

Item	Location	Expires / Replace by	Checked
Water			☐
Food			☐
Batteries			☐
Flashlights			☐
Power banks			☐
First aid			☐
Medications			☐
Pet supplies			☐
Comfort items			☐
Documents/route			☐

Next kit review date: _____

One thing we still need to add: _____



SMALL WIN:

Pick one day each month during hurricane season to check the kit. Put it on the family calendar.

Preparedness is built and updated over time.



**DOCUMENTS, INSURANCE,
MONEY & CLAIMS**

CHAPTER 6

[Back to Table of Contents](#)

DOCUMENTS,

INSURANCE, MONEY, & CLAIMS

Don't get caught off guard.

This section helps families collect the papers, photos, phone numbers, and claim information they may need if they have to evacuate or recover after a storm. It is written for adults to lead, with simple places where students can help safely.

In this section:

-  Build a waterproof grab-and-go document bag
-  Gather IDs, insurance papers, medical information, and family photos
-  Photograph and video your home before the storm
-  Create a claims folder and damage log
-  Plan for cash, banking, renters, vehicles, and shared housing



PARENT/GUARDIAN TIP:

Before a storm, your goal is not to organize every paper you own. Your goal is to make the most important information easy to grab, easy to prove, and easy to access if your phone or internet is not working.

This section is for preparation and organization. Follow insurer instructions and local emergency guidance after a storm.

Waterproof Grab-and-Go Document Bag

Keep the documents you may need in one protected place.

If your family has to leave quickly, you may not have time to search drawers, files, or apps. A waterproof bag or folder can help keep critical documents together and ready to take with you.

IDENTITY & FAMILY

- ☐ Passports
- ☐ Driver licenses / state IDs
- ☐ Birth certificates
- ☐ School IDs or school documents
- ☐ Custody or guardianship papers, if applicable
- ☐ Recent family photo
- ☐ Recent photo of each child
- ☐ Recent pet photo

INSURANCE & RECOVERY

- ☐ Home or renters insurance policy
- ☐ Flood insurance policy
- ☐ Auto insurance card
- ☐ Insurance declaration pages
- ☐ Mortgage, lease, or property documents
- ☐ Emergency cash
- ☐ Out-of-town contact card
- ☐ Printed evacuation route



SMALL WIN:

Start with copies if originals are hard to gather. Even a folder with copies, photos, and policy numbers is better than searching during an emergency.

Store sensitive documents securely and protect them from water, theft, or loss.

IDs, Passports, Birth Certificates

Proof of identity can matter after evacuation or damage.

Important identity documents can help families prove who they are, reconnect with services, travel if needed, enroll or return to school, and access insurance or recovery help.

GATHER OR COPY

- ☐ Passports
- ☐ Driver licenses
- ☐ Birth certificates
- ☐ State IDs
- ☐ Social Security cards or secure copies, if appropriate
- ☐ Student IDs
- ☐ Immigration or travel documents, if applicable
- ☐ Custody/guardianship papers, if applicable

STORE SAFELY

- ☐ Waterproof folder or bag
- ☐ Secure digital backup
- ☐ Trusted adult knows location
- ☐ Emergency contact card included
- ☐ Copies separated from originals
- ☐ Photos of key documents saved securely
- ☐ Bag location written on Quick Reference page
- ☐ Reviewed before hurricane season



PARENT/GUARDIAN TIP:

Do not leave sensitive documents lying around. Keep originals and copies secure, and only share completed pages with people you trust.

Protect personal information. Do not post completed document pages online.

Family Photo & Identification Backup

A recent photo can help if people or pets are separated.

A printed family photo may feel old-fashioned, but it can be useful if phones die, cell service is down, or family members become separated. This page is also a reminder to keep recent photos of pets and important belongings.

Photo / Backup	Where it is stored	Done
Recent family photo		☐
Recent photo of each child/teen		☐
Recent pet photo		☐
Photo of vehicle license plate		☐
Photo of home exterior		☐
Emergency contact card photo saved to phone		☐



KIDS4KIDS REMINDER:

Students can help choose a family photo, pack a printed copy, and remind adults to save emergency contacts. Adults should handle private records and safety decisions.

Keep photos accessible offline when possible.

Health & Medication Documents

Make medical information easy to find if your family has to leave.

A storm can interrupt routines, pharmacies, doctors, and transportation. A printed medical snapshot can help adults explain needs quickly if the family evacuates, loses power, or needs help.

Medical Information	Details / Location
Health insurance company	
Health insurance member ID	
Doctor / pediatrician	
Pharmacy	
Medication list location	
Allergy list location	
Medical equipment instructions	
Vaccination records	
Emergency medical contact	



ADULT/MEDICAL PLANNING

Ask a doctor, pharmacist, or equipment provider about backup plans for refrigerated medication, oxygen, batteries, or medical devices before hurricane season.

Insurance Policies & Declaration Pages

Know who to call and where your coverage information is stored.

Insurance is much harder to sort out when you are already stressed. Before hurricane season, print or save the basics: policy numbers, claim numbers, agent contacts, and declaration pages.

Insurance Item	Company / Number / Location
Home insurance company	
Home policy number	
Claims phone number	
Agent name / phone	
Flood insurance company	
Flood policy number	
Auto insurance company	
Health insurance company	
Where declaration pages are stored	



PARENT/GUARDIAN TIP:

A declaration page is the summary page of a policy. Keep it with your waterproof document bag and digital backup so you can find coverage limits, deductibles, and claim contacts quickly.

Review coverage and deductibles with your insurance professional before hurricane season.

Home Inventory Before the Storm

A few photos now can make recovery less confusing later.

Before a storm, take photos or videos of the inside and outside of your home if it is safe to do so. This is not about being perfect. It is about creating a record that may help with insurance and recovery.

PHOTOGRAPH / VIDEO

- ☐ Every room from multiple angles
- ☐ Closets and storage areas
- ☐ Garage and outdoor storage
- ☐ Electronics and appliances
- ☐ Furniture and rugs
- ☐ Artwork, jewelry, collectibles
- ☐ Tools, sports equipment, bikes
- ☐ Exterior walls, roofline, yard, fences

SAVE / RECORD

- ☐ Model or serial numbers if visible
- ☐ Receipts for major purchases
- ☐ Digital backup location
- ☐ Cloud folder name
- ☐ External drive location
- ☐ Trusted adult with backup access
- ☐ Date inventory was taken
- ☐ Update after major purchases



PRO TIP:

Walk slowly through each room and narrate what you are filming. Open cabinets and drawers where appropriate. Save the video somewhere you can access if your phone is damaged.

Document belongings before cleanup or disposal when it is safe to do so.

Property Video Guide

Use your phone to make a simple home record.

A home inventory video does not have to be fancy. A slow, clear video can help show what was in the home before a storm. Parents should lead this task, but teens can help film or organize files if an adult approves.

Step	What to capture	Done
1	Start outside: front, back, sides, roofline if visible, garage, fences, pool, yard.	☐
2	Walk room by room. Film walls, floors, furniture, electronics, cabinets, and closets.	☐
3	Pause on major items. Capture brand, model, serial number, or receipt if available.	☐
4	Record storage areas: attic, garage, shed, closets, seasonal items, sports gear.	☐
5	Save the video in at least two places: cloud backup and external/secondary location.	☐



WHAT NOT TO DO:

Do not put yourself in danger to take photos or videos. After a storm, wait for official all-clear and avoid floodwater, downed lines, and unstable structures.

Safety comes first. Property can be documented only when it is safe.

Flood Insurance & Sandbag Receipts

Keep proof of prevention steps and storm-related expenses.

If your family buys sandbags, plastic sheeting, pumps, or other flood-prevention supplies, keep receipts and take photos. These records may help with claims or reimbursement depending on your policy and situation.

Flood / Prevention Item	Details / Location
Flood policy number	
Flood claims phone	
Sandbag pickup location	
Receipts stored	
Photos of flood-prevention setup	
Pump / barrier supplies	
Before-storm photos saved	
After-storm photos saved	



PRO TIP:

Create a folder called “Storm Receipts.” Use it for sandbags, plywood, supplies, hotel stays, fuel, repairs, and cleanup expenses. Save paper receipts and take photos of them.

Ask your insurer what records are needed for your specific policy and claim.

Cash, Credit & Banking

Plan for power, internet, or card systems being down.

After a storm, ATMs, card readers, and banking apps may not work normally. Adults should decide how much emergency cash is appropriate and how it will be stored safely.

MONEY PLAN

- ☐ Emergency cash in small bills
- ☐ Credit/debit cards accessible
- ☐ Bank phone number printed
- ☐ ATM or branch options noted
- ☐ Checks, if your family uses them
- ☐ Mobile wallet backup plan
- ☐ Spending limit for teens discussed
- ☐ Cash stored securely

RECORD / PROTECT

- ☐ Bank name
- ☐ Account access plan
- ☐ Trusted adult responsible
- ☐ Receipt folder
- ☐ Hotel/evacuation expense folder
- ☐ Fuel receipt folder
- ☐ Repair/cleanup receipt folder
- ☐ Donation/aid records folder



PARENT/GUARDIAN TIP:

Do not write full bank account numbers or passwords on pages that could be lost. Use this page to note where secure records are stored, not to expose private information.

Protect financial information. Do not share completed pages publicly.

Passwords & Account Access

Make sure adults can access critical accounts safely.

This page is not for writing passwords directly into the workbook. It is for planning how trusted adults will access important accounts if phones, apps, or computers are unavailable.

Account / Need	Where access info is stored	Backup adult
Insurance login		
Banking access		
Email account		
Cloud document backup		
School parent portal		
Medical portal / pharmacy app		
Utility accounts		



SAFETY FIRST!

Do not write passwords in this workbook. Use a secure password manager, sealed emergency record, or trusted family system that protects private information.

Protect passwords and personal data. Keep sensitive records secure.

Receipts & Claims Folder

Keep storm-related expenses in one place.

When recovery gets busy, receipts disappear quickly. Choose one folder, envelope, app, or cloud folder for every storm-related expense. It may help with insurance, taxes, reimbursements, or family budgeting later.

KEEP RECEIPTS FOR

- ☐ Emergency supplies
- ☐ Sandbags / flood barriers
- ☐ Plywood / shutters / hardware
- ☐ Fuel / transportation
- ☐ Hotel / temporary lodging
- ☐ Food and water during evacuation
- ☐ Medication or medical supplies
- ☐ Pet boarding / pet supplies

FOLDER SETUP

- ☐ Paper folder or envelope
- ☐ Photo receipts saved to phone
- ☐ Cloud folder created
- ☐ Claim number written down
- ☐ Repair estimates saved
- ☐ Contractor invoices saved
- ☐ Cleanup expenses saved
- ☐ Date and reason noted



SMALL WIN:

Take a photo of every receipt as soon as you get it. Paper fades, gets wet, or gets lost.

Ask your insurer or tax professional which expenses may be reimbursable or deductible.

Before Cleanup: Document Damage

Take photos and videos before throwing things away, if it is safe.

After a storm, families may want to clean up immediately. Safety comes first, but when possible, document damage before moving, repairing, or discarding items. Adults should lead this process.

DOCUMENT FIRST

- ☐ Water line on walls or furniture
- ☐ Damaged floors, ceilings, walls
- ☐ Damaged appliances
- ☐ Damaged electronics with serial numbers
- ☐ Damaged furniture and rugs
- ☐ Damaged personal property
- ☐ Exterior damage
- ☐ Receipts or estimates

SAFETY FIRST

- ☐ Wait for official all-clear
- ☐ Avoid floodwater
- ☐ Avoid downed power lines
- ☐ Wear protective gear if needed
- ☐ Keep kids away from hazards
- ☐ Do not enter unstable structures
- ☐ Throw away health hazards as instructed
- ☐ Contact insurer for guidance



WHAT NOT TO DO:

Do not risk your safety for a photo. If an area is unsafe, stay out and tell an adult, emergency official, or insurance professional what happened.

Document damage only when it is safe. Follow local officials and insurer instructions.

Claims Call Log

Track who you spoke with and what happens next.

During recovery, it can be hard to remember every phone call. Use this page to track claim numbers, adjuster names, next steps, and deadlines.

Date	Company / Person	Claim #	What they said / Next step



PRO TIP:

After each call, write down the date, time, person's name, claim number, and the next step. If possible, save emails and letters in the same claims folder.

Keep claim records organized and ask your insurer about deadlines and required documents.

Damage Photo Log

Organize photos so they are easier to explain later.

Photos are more useful when you know what they show. Use this page to match photos with rooms, items, dates, and notes.

Photo #	Room/Area	Item or Damage	Notes / Serial #
1			
2			
3			
4			
5			
6			
7			



PARENT/GUARDIAN TIP:

Use clear file names when possible, like "Kitchen_floor_water_damage_1" or "Bedroom_dresser_serial_number." It makes photos easier to find later.

Take photos only when it is safe to enter and document the area.

Renters, Students & Shared Housing

Preparedness looks different when you do not own the home.

Renters, students, roommates, and families in shared housing still need documents, contacts, and a plan. Make sure everyone knows who to contact and what coverage or responsibilities apply.

Housing Item	Contact / Location / Notes
Landlord / property manager	
Lease or rental agreement location	
Renters insurance company	
Renters policy number	
Dorm/school housing contact	
Roommate communication plan	
Maintenance emergency number	
Where personal belongings are documented	



SMALL WIN:

If you rent, photograph your own belongings before the storm. Your landlord's insurance usually does not cover your personal items.

Check your own policy, lease, school rules, or property manager guidance before a storm.

Vehicle / Boat / Golf Cart Documents

Know what is covered and where things are stored.

Hurricanes can damage cars, boats, golf carts, bikes, trailers, and other property. Adults should photograph vehicles and keep insurance, registration, title, and storage information organized.

Item	Insurance / Registration / Location	Photos Taken
Car 1		☐
Car 2		☐
Boat / trailer		☐
Golf cart		☐
Bike / e-bike / scooter		☐
RV / camper		☐
Storage unit		☐



PRO TIP:

Take photos of license plates, VIN/HIN numbers, registration documents, and where the item was stored before the storm.

Ask your insurer what vehicle, boat, trailer, or storage coverage applies.

Parent/Guardian Pre-Storm Document Review

A final checklist before hurricane season.

Use this page as a parent/guardian review before hurricane season begins. You do not need perfection. You need the most important records available, protected, and easy to find.

DOCUMENTS READY

- ☐ Waterproof document bag prepared
- ☐ IDs and passports copied
- ☐ Birth certificates included
- ☐ Health insurance cards copied
- ☐ Medication list printed
- ☐ Insurance policies printed
- ☐ Declaration pages printed
- ☐ Family/pet photos included
- ☐ Emergency cash secured

RECOVERY RECORDS READY

- ☐ Home inventory photos/video saved
- ☐ Exterior photos taken
- ☐ Receipts folder started
- ☐ Claims phone numbers printed
- ☐ Flood policy info printed
- ☐ Vehicle/boat photos taken
- ☐ Digital backup created
- ☐ Trusted adult knows where files are
- ☐ Quick Reference page updated



KIDS4KIDS REMINDER:

Students can help by taking inventory photos with permission, packing comfort items, or reminding adults to print important pages. Adults should handle private documents, claims, money, and legal decisions.

Preparedness is built one step at a time. Protect documents securely and follow official guidance.



**BEFORE, DURING & AFTER
THE STORM**

CHAPTER 7

[Back to Table of Contents](#)

BEFORE, DURING & AFTER THE STORM

Stay ahead.

Storm planning works best when families know what comes next. This section turns the hurricane timeline into simple steps so your family can prepare early, stay calm during the storm, and recover safely afterward.

In this section:

-  Before hurricane season and monthly mini-prep
-  Seven days, 72 hours, 48 hours, and 24 hours before impact
-  Evacuation day and during-the-storm reminders
-  Power outages, flooding, and first 24 hours after the storm
-  Family debrief, storm tracker, and next-time improvements

READY TOGETHER MINDSET:

- ☒ Prepare early, not scared.
- ☒ Use official alerts, not rumors.
- ☒ Kids should feel included, not responsible.
- ☒ Small steps before the storm can reduce confusion after the storm.



KIDS4KIDS REMINDER:

Preparedness is not about making kids afraid. It is about helping the whole family understand the plan, trust the adults, and know what to do next.

Always follow official alerts and local emergency instructions.

Before Hurricane Season

Do these things before a storm is on the radar.

FAMILY PLAN

- ☐ Review the Quick Reference Guide on pages 1-15.
- ☐ Choose an out-of-town contact
- ☐ Confirm evacuation zone and shelter options
- ☐ Review school, sports, and activity pickup plans
- ☐ Choose a trusted adult youth can talk to if they feel overwhelmed



THIS MONTH WE WILL UPDATE:

EMERGENCY CONTACT:

ALERT SOURCE:

SUPPLY ITEM TO ADD:

COMFORT ITEM TO CHOOSE:

HOME & SUPPLIES

- ☐ Check flashlights, batteries, radio, and chargers
- ☐ Update medication list and refill plan
- ☐ Review pet plan and pet records
- ☐ Take home inventory photos or videos
- ☐ Start building toward a seven-day kit



SMALL WIN:

You do not need to buy everything at once. Add one supply item each grocery trip and review one planning page at a time.

Always follow official alerts and local emergency instructions.

Monthly Mini-Prep

A few small checks each month can prevent last-minute panic.

CHECK SUPPLIES

- ☐ Replace expired batteries
- ☐ Check flashlight/radio function
- ☐ Review food and water expiration dates
- ☐ Refresh pet supplies
- ☐ Check first aid and hygiene supplies

S	M	T	W	T	F	S

CHECKLIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

UPDATE PLANS

- ☐ Update emergency contacts
- ☐ Review local alert sources
- ☐ Confirm evacuation destination still works
- ☐ Check medication refill dates
- ☐ Ask kids if comfort items changed



PRO TIP:

Keep a small “replace soon” list on your fridge or in your phone so you are not trying to remember everything at once.

MINI-PREP TRACKER

MONTH / COMPLETED BY

ONE THING WE CHECKED

ONE THING WE REPLACED:

ONE THING WE STILL NEED:

Preparedness is built one small step at a time.

Seven Days Before Possible Impact

Start watching, checking, and calmly getting ready.

WATCH & REVIEW

- ☐ Follow official forecasts and local alerts
- ☐ Review evacuation zone and route options
- ☐ Check school/work updates
- ☐ Confirm out-of-town contact
- ☐ Talk through the family plan calmly



PREPARE & REFILL

- ☐ Refill prescriptions if possible
- ☐ Start laundry and charge power banks
- ☐ Check water, food, and pet supplies
- ☐ Fill vehicle gas/charge EV as appropriate
- ☐ Ask kids what comfort items they want ready

OUR SEVEN-DAY FOCUS

OFFICIAL SOURCE WE ARE CHECKING:

SUPPLIES WE STILL NEED:

COMFORT ITEM REMINDER:



CALM CHECK:

Kids may hear storm updates before adults realize it. A simple "We are watching the forecast and we have a plan" can help reduce fear.

Always follow official alerts and local emergency instructions.

72 Hours Before

This is the time to organize, not panic.

FAMILY & HOME

- ☐ Pack or update go bags
- ☐ Gather waterproof document bag
- ☐ Bring in or secure outdoor items
- ☐ Confirm pet plan and pet supplies
- ☐ Check on nearby family or neighbors

FOOD & POWER

- ☐ Freeze water bottles if helpful
- ☐ Charge devices and power banks
- ☐ Prepare cooler/ice plan
- ☐ Review chilled medication plan
- ☐ Set aside simple food and snacks

WHO IS DOING WHAT?

ADULT CHECKING ALERTS:

ADULT GATHERING DOCUMENTS:

STUDENT HELPER TASK:

PET TASK:



STUDENT HELPER REMINDER:

Students can help pack simple items, charge devices, and check comfort bags.

Adults make safety and evacuation decisions.

Always follow official alerts and local emergency instructions.

48 Hours Before

Finish the big items and keep information calm and clear.

FINISH PREPARATION

- ☐ Complete essential shopping as early as possible
- ☐ Secure outdoor furniture, grills, toys, and trash cans
- ☐ Install shutters or window protection only when safe to do so
- ☐ Move important items higher if flooding is possible
- ☐ Place flashlights where everyone can find them



PROTECT CALM

- ☐ Limit repeated scary storm coverage for kids
- ☐ Give updates in simple, calm language
- ☐ Keep routines where possible
- ☐ Let kids ask questions
- ☐ Check in with teens without forcing conversation

48-HOUR NOTES

OFFICIAL ALERT CHECKED AT:

LAST-MINUTE SUPPLY NEED:

HOME ITEM TO SECURE:



PARENT/GUARDIAN TIP:

Use calm, clear sentences: "We are getting ready. Adults are watching official updates. You can ask questions whenever you need to."

Always follow official alerts and local emergency instructions.

24 Hours Before

The goal is to finish preparing and stay connected.

FINAL HOME CHECKS

- ☐ Finish outdoor/home safety tasks
- ☐ Keep phones and power banks charging
- ☐ Place shoes near sleeping areas
- ☐ Keep flashlights and radio accessible
- ☐ Set fridge/freezer plan and avoid unnecessary opening

FAMILY CHECKS

- ☐ Review where everyone will shelter or evacuate
- ☐ Confirm medications, documents, pets, and comfort items
- ☐ Text out-of-town contact with plan
- ☐ Download/save important information if possible
- ☐ Do one calming activity as a family

BEFORE BED / FINAL CHECK

OFFICIAL SOURCE CHECKED:

FAMILY PLAN REVIEWED BY:

SAFE ROOM/SHELTER PLACE

NEXT CHECK-IN TIME:

CALM ACTIVITY IDEAS:

- ☐ Cards or board game
- ☐ Music playlist
- ☐ Journal or drawing
- ☐ Movie already downloaded



KIDS4KIDS REMINDER:

Students can help by packing comfort items and asking questions. They should not be responsible for deciding whether the home is safe.

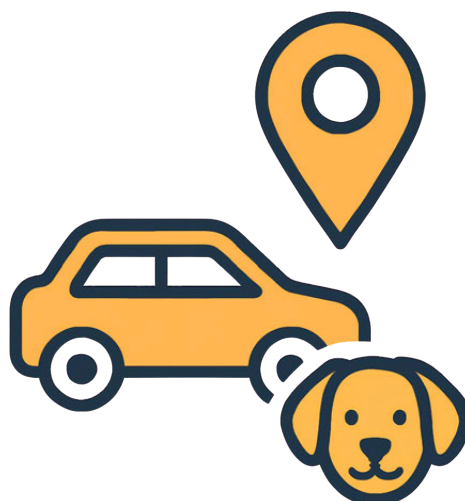
Always follow official alerts and local emergency instructions

Evacuation Day

If officials tell your area to leave, follow instructions and leave safely.

BEFORE LEAVING

- ☐ Bring people, pets, medications, documents, and go bags
- ☐ Take chargers, power banks, and printed directions
- ☐ Text out-of-town contact with destination
- ☐ Check fuel/EV charge and route updates
- ☐ Lock home and secure it only if there is time and it is safe



DURING TRAVEL

- ☐ Follow official routes and road updates
- ☐ Do not drive through floodwater
- ☐ Keep pets secured
- ☐ Keep kids' comfort items accessible
- ☐ Use calm updates instead of constant storm coverage



SAFETY FIRST!

Do not wait until roads are unsafe if officials have ordered your zone to evacuate. Follow local instructions.

EVACUATION DETAILS

DESTINATION:

BACKUP DESTINATION:

PRIMARY ROUTE:

BACKUP ROUTE:

OUT-OF-TOWN CONTACT NOTIFIED:

☐ YES ☐ NOT YET

Always follow official alerts and local emergency instructions.

During the Storm

Stay indoors, stay away from windows, and use calm activities when possible.

SAFETY STEPS

- ☐ Stay indoors unless officials tell you otherwise
- ☐ Stay away from windows, glass doors, and exterior rooms
- ☐ Use an interior room or safe shelter area
- ☐ Keep flashlights close and avoid unsafe flames
- ☐ Keep pets contained and nearby

CALM STEPS

- ☐ Use cards, books, music, drawing, or journaling
- ☐ Take breaks from storm coverage
- ☐ Let kids ask questions
- ☐ Use simple check-ins: "How are you doing right now?"
- ☐ Remind kids that adults are handling safety decisions

OUR DURING-THE-STORM LOCATION

ROOM/LOCATION

SUPPLIES NEARBY:

COMFORT ITEM NEARBY:

OFFICIAL ALERT SOURCE:

CALM ACTIVITIES WE CAN USE:



CALM CHECK:

A storm can sound scary even when your family is doing the right thing. Staying close to a trusted adult and knowing the plan can help.

Always follow official alerts and local emergency instructions.

The Eye of the Storm

If the weather suddenly gets quiet, the storm may not be over.

Sometimes the center of a hurricane can pass over an area and make the weather seem calmer for a short time. That does not mean it is safe to go outside. Dangerous winds may return quickly from another direction.

STAY SAFE

- ☐ Stay indoors until officials give the all-clear
- ☐ Keep pets and children inside
- ☐ Do not check damage during the eye
- ☐ Keep listening for official updates
- ☐ Keep flashlights and shoes nearby

FAMILY REMINDER

- ☐ The quiet may be temporary
- ☐ Windows, trees, wires, and debris can still be dangerous
- ☐ Adults should explain the situation calmly
- ☐ Kids can help by staying in the safe area
- ☐ Do not let curiosity overrule safety



WHAT ADULTS CAN SAY

- ☒ "It is quiet right now, but the storm may not be over."
- ☒ "We are staying inside until officials say it is safe."



SAFETY FIRST!

Do not go outside during the eye of the storm unless local officials specifically say it is safe.

Always follow official alerts and local emergency instructions.

If the Power Goes Out

Protect food, medical needs, devices, and calm.

FIRST STEPS

- ☐ Use flashlights instead of candles when possible
- ☐ Keep refrigerator and freezer doors closed
- ☐ Use phone battery-saving mode
- ☐ Check medical devices and backup batteries
- ☐ Report outage using official utility method if safe

FOOD & DEVICE PLAN

- ☐ Fridge can keep food cold about 4 hours if unopened
- ☐ Full freezer can hold temperature about 48 hours if unopened
- ☐ Half-full freezer can hold about 24 hours if unopened
- ☐ Use cooler/ice plan for critical chilled items
- ☐ When in doubt, throw unsafe food out

OUR POWER OUTAGE PLAN

POWER COMPANY/OUTAGE MAP:

MEDICAL EQUIPMENT BACKUP:

CHILLED MEDICATION PLAN:

FLASHLIGHTS LOCATED:

KID-FRIENDLY NO-POWER IDEAS

- ☐ Cards
- ☐ Books
- ☐ Drawings
- ☐ Downloaded music
- ☐ Journaling



PRO TIP:

Open the fridge/freezer as little as possible. Every opening lets cold air escape.

Ask medical providers about backup plans for refrigerated medicine and power-dependent equipment.

Flooding & Water Hazards

Water after a storm can be more dangerous than it looks.

AVOID

- ☐ Floodwater and standing water
- ☐ Downed power lines and anything touching them
- ☐ Storm drains, canals, and fast-moving water
- ☐ Driving through water-covered roads
- ☐ Letting children explore damaged or flooded areas



DO INSTEAD

- ☐ Wait for official all-clear before leaving shelter
- ☐ Use another route if a road is flooded
- ☐ Keep kids and pets away from standing water
- ☐ Wash hands after possible contact with stormwater
- ☐ Follow boil-water or water safety notices

LOCAL WATER UPDATES

WATER UTILITY ALERT SOURCE:

BOIL-WATER NOTICE SOURCE:

FLOODED ROAD INFO SOURCE:



WHAT NOT TO DO:

Do not drive through floodwater. It can hide road damage, move quickly, or be deeper than it looks.

Always follow official alerts and local emergency instructions.

First 24 Hours After the Storm



CALM CHECK:

After a storm, "safe" can still feel stressful. Kids may need adults to repeat the plan and explain what happens next.

Wait for the all-clear, check people first, and document safely.

PEOPLE & SAFETY FIRST

- ☐ Wait for official all-clear before going outside
- ☐ Check family members and pets
- ☐ Check medical needs and medications
- ☐ Text out-of-town contact that you are safe
- ☐ Keep kids away from debris, floodwater, and power lines

DOCUMENT & RECONNECT

- ☐ Take photos/videos of damage only when safe
- ☐ Save receipts for emergency expenses
- ☐ Check school/work updates
- ☐ Check utility and water updates
- ☐ Restart one simple routine if possible

YOUTH WELLNESS NOTE

Kids may need reassurance after the danger has passed. A normal meal, shower, text to a friend, or small routine can help.

FIRST 24-HOUR LOG

OFFICIAL ALL-CLEAR FROM:

FAMILY/PETS CHECKED

☐ YES ☐ NOT YET

MEDICAL NEEDS CHECKED:

☐ YES ☐ NOT YET

DAMAGE PHOTOS TAKEN:

☐ YES ☐ NOT YET

ONE ROUTINE RESTARTED:

Always follow official alerts and local emergency instructions.

First Week After the Storm

Recovery is practical, emotional, and often slower than people expect.

PRACTICAL RECOVERY

- ☐ Follow local guidance on roads, water, and debris
- ☐ Contact insurance or landlord when safe
- ☐ Save receipts and claim notes
- ☐ Check school reopening updates
- ☐ Restock supplies used during the storm

YOUTH RECOVERY

- ☐ Restart routines where possible
- ☐ Limit repeated scary media
- ☐ Let kids talk, draw, write, or take breaks
- ☐ Check on friends without forcing them to share
- ☐ Ask for adult/professional help if stress feels too heavy

THIS WEEK WE NEED TO

CALL/CHECK:

REPAIR/REPLACE:

RESTOCK:

ASK FOR HELP WITH:

ONE NORMAL THING WE CAN RESTART



KIDS4KIDS REMINDER:

Recovery is not only about homes and supplies. It is also about helping kids feel connected, seen, and less alone.

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

What Not To Do

Avoid the choices that can put people at risk.



SAFETY FIRST!

If there is immediate danger, call 911.
If someone may be emotionally unsafe, tell a trusted adult or contact crisis support right away.

SAFETY RISKS

- ☐ Do not drive through floodwater
- ☐ Do not touch downed wires or anything touching them
- ☐ Do not use a generator indoors, in a garage, or near windows
- ☐ Do not use charcoal or propane grills indoors
- ☐ Do not go outside during the eye of the storm



INFORMATION & EMOTIONAL RISKS

- ☐ Do not ignore evacuation orders
- ☐ Do not rely only on social media rumors
- ☐ Do not let kids explore damaged areas
- ☐ Do not open the fridge/freezer repeatedly
- ☐ Do not pressure anyone to “be fine” right away

FAMILY “DO NOT DO” REMINDER

ONE RULE WE NEED TO REMEMBER:

ONE HAZARD NEAR US:

WHO WILL REMIND YOUNGER KIDS:

Always follow official alerts and local emergency instructions.

Family Debrief

After things calm down, talk about what worked and what should change.

A debrief is not about blaming anyone. It is a calm conversation that helps the family prepare better next time.

WHAT WORKED WELL?

1. _____
2. _____
3. _____

WHAT WAS CONFUSING OR STRESSFUL?

1. _____
2. _____
3. _____

WHAT SHOULD WE CHANGE BEFORE NEXT TIME?

PLAN: _____

SUPPLIES: _____

CONTACTS: _____

COMFORT/WELLNESS: _____

STUDENT VOICE

ONE THING I WISH ADULTS EXPLAINED SOONER:

ONE THING THAT HELPED ME FEEL CALMER:



CALM CHECK:

Give kids and teens a chance to share what felt confusing without making them responsible for solving adult problems.

Preparedness is built one conversation at a time.

Storm Tracker

Use this page to track one storm without relying only on your phone.



PRO TIP:

Use official online updates when available, but write down key information in case phones, power, or data stop working.



Storm name	
Date/time started tracking	
Current alert level	
Official source checked	
Expected timing for our area	
Evacuation decision/status	
Shelter/safe location	
Next family check-in time	
Notes	

PAGE REFERENCE
Alerts: p. 5
Evacuation: p. 7
First 24 Hours: p. 14

Always follow official alerts and local emergency instructions.

Next-Time Improvements

Use what you learned to make the next plan stronger.



SMALL WIN:

A stronger plan after the storm is part of recovery. You are not starting over. You are improving what you already built.

UPDATE THE PLAN

- ☐ Change emergency contacts if needed
- ☐ Update evacuation destination or route
- ☐ Add missing medical or pet information
- ☐ Print new maps or QR backup pages
- ☐ Review school/work communication sources

RESTOCK & REPAIR

- ☐ Replace used water, food, batteries, and first aid supplies
- ☐ Recharge power banks and battery devices
- ☐ Replace damaged comfort items if needed
- ☐ Save receipts and claim notes
- ☐ Update home inventory photos

SHARE WHAT HELPED

ONE TIP WE COULD SHARE
WITH ANOTHER FAMILY:

ONE KIDS4KIDS RESOURCE WE
SHOULD DOWNLOAD/SHARE:

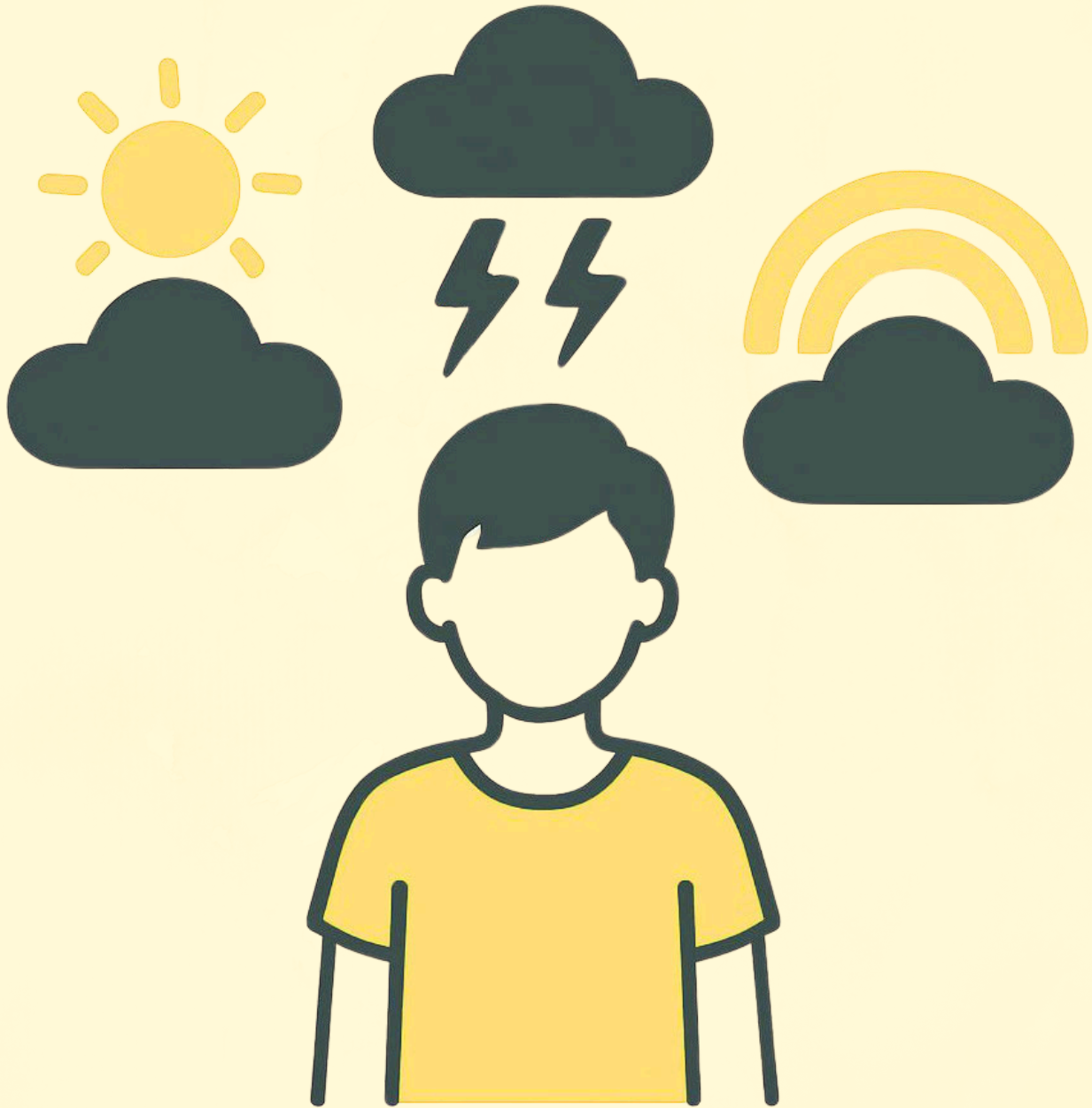
OUR NEXT THREE STEPS

1.

2.

3.

Always follow official alerts and local emergency instructions.



NORMALCY & YOUTH RECOVERY AFTER THE STORM

CHAPTER 8

NORMALCY

& YOUTH RECOVERY AFTER THE STORM

Get back to normal.

After a hurricane, recovery is not only about power, repairs, and paperwork. Kids and teens also need routine, connection, trusted adults, and small reminders that life can feel normal again.

In this section:

-  Emotional check-ins after the storm
-  Returning to routines, school, activities, and friendships
-  Normalcy Kits and comfort items
-  Friend-to-friend support after disaster
-  When youth may need extra adult or professional support

READY TOGETHER MINDSET:

-  Kids recover better when they feel safe, seen, and supported.
-  Peer support is connection, not therapy.
-  Small normal routines can make a big difference.
-  If someone may be unsafe, involve a trusted adult immediately.



KIDS4KIDS REMINDER:

Preparedness helps families get through the storm. Normalcy and connection help kids find their way back afterward.

**This workbook supports preparedness and connection.
It does not replace mental health care or emergency services.**

Recovery Is Physical and Emotional

Repairs matter. So do routines, friendships, and feeling safe again.

After a disaster, everyone asks about damage: roofs, power, roads, water, and insurance. Those things matter. But for kids and teens, recovery also means getting back pieces of normal life: school, sports, friends, sleep, hobbies, and trusted adults who explain what is happening.

PHYSICAL RECOVERY MAY INCLUDE

- ☐ Checking the home for safe conditions
- ☐ Restoring power, water, and transportation
- ☐ Replacing supplies, medicine, or important items
- ☐ Documenting damage and contacting insurance
- ☐ Finding temporary housing, school, or transportation support

EMOTIONAL RECOVERY MAY INCLUDE

- ☐ Feeling safe enough to rest
- ☐ Restarting simple routines
- ☐ Talking to a trusted adult without pressure
- ☐ Reconnecting with friends and activities
- ☐ Knowing when to ask for extra help



CALM CHECK:

A child or teen may look “fine” and still feel stressed. A simple check-in can open the door without forcing them to talk.

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

First Emotional Check-In

A short family conversation after the storm.

This page is not meant to solve everything. It is a way to pause, check on each other, and notice what each person needs next.

FAMILY CHECK-IN PROMPTS

ONE WORD FOR HOW I FEEL TODAY:

ONE WORD FOR HOW I FEEL TODAY:

ONE WORD FOR HOW I FEEL TODAY:

ONE WORD FOR HOW I FEEL TODAY:

ONE WORD FOR HOW I FEEL TODAY:

ADULT SUPPORT PROMPTS

WHO NEEDS REST?

WHO NEEDS FOOD/WATER/MEDICINE CHECKED?

WHO NEEDS A BREAK FROM STORM UPDATES?

WHO SHOULD WE CHECK ON OUTSIDE OUR HOME?

DO WE NEED SCHOOL, COUNSELOR, DOCTOR, OR COMMUNITY SUPPORT?

This page is a check-in tool, not a mental health assessment.

Returning to Routine

Small routines can help life feel less upside down.

After a storm, normal routines may be interrupted. Even if everything cannot go back to normal right away, small familiar things can help kids feel steadier.

RESTART SMALL ROUTINES

- ☐ Wake-up and bedtime rhythm
- ☐ Regular meals or snacks
- ☐ Schoolwork or reading time
- ☐ Movement, stretching, or practice time
- ☐ Quiet time away from storm coverage
- ☐ A small family check-in each day

NORMAL THINGS THAT MAY HELP

- ☐ Text or call a friend
- ☐ Wear a familiar hoodie or team shirt
- ☐ Listen to music or an audiobook
- ☐ Play cards, draw, journal, or build something
- ☐ Return to a sport, club, or hobby when safe
- ☐ Help with an age-appropriate task

MY ROUTINE STARTER PLAN

ONE MORNING ROUTINE I CAN RESTART: _____

ONE EVENING ROUTINE I CAN RESTART: _____

ONE ACTIVITY THAT HELPS ME FEEL LIKE MYSELF: _____

ONE PERSON I WANT TO RECONNECT WITH: _____

Small routines can support recovery, but they do not replace professional help when it is needed

School Disruption Plan

Keeping track when school is closed, moved, or delayed.

School can be a big part of normal life. If classes are delayed, online, relocated, or confusing after a storm, use this page to organize what comes next.

SCHOOL UPDATES

SCHOOL CLOSURE SOURCE: _____

SCHOOL PHONE/EMAIL: _____

TEACHER/ADVISOR CONTACT: _____

COUNSELOR/STUDENT SUPPORT CONTACT: _____

TRANSPORTATION UPDATE SOURCE: _____

WHAT I NEED FOR SCHOOL

DEVICE/CHARGER: _____

BOOKS/SUPPLIES/UNIFORMS: _____

ASSIGNMENTS TO CHECK: _____

TESTING/DEADLINE QUESTIONS: _____

A TEACHER/ADULT I CAN ASK FOR HELP: _____



SMALL WIN:

If school is disrupted, do not try to fix everything at once. Find one official update source and one adult to ask for help.

Follow school and local official guidance about closures, transportation, and reopening

Friend-to-Friend Support After Disaster

A simple check-in can help someone feel less alone.

Peer support is not about having the perfect words. It is about being kind, staying connected, and knowing when to involve a trusted adult.

Try saying	If they want to talk	If they need a break
"I'm glad you're safe."	Listen without interrupting.	Offer a distraction: music, cards, a walk, or homework
"Do you want to talk, or do you want a distraction?"	Do not force details.	Invite them to sit with you or join a normal activity.
"I don't know exactly what to say, but I'm here."	Validate without comparing.	Check in again later, not just once.

GOOD PEER SUPPORT CAN BE

- ☐ A text that says "thinking of you"
- ☐ Sharing notes if school was disrupted
- ☐ Including someone in lunch or a group chat
- ☐ Offering a normal activity without pressure
- ☐ Helping someone find a trusted adult

TELL AN ADULT RIGHT AWAY IF

- ☐ A friend says they feel unsafe
- ☐ They talk about not wanting to be alive
- ☐ They seem panicked, hopeless, or disconnected for a long time
- ☐ They are not eating, sleeping, or functioning in a concerning way
- ☐ You feel scared by what they told you

Peer support is connection, not therapy. If someone may be unsafe, tell a trusted adult immediately.

Normalcy Kit Checklist



KIDS4KIDS REMINDER:

A Normalcy Kit should feel thoughtful, not random. Whenever possible, match items to the child's age, interests, and real needs.

A small kit that helps a kid feel seen, supported, and remembered.

A Normalcy Kit is a personalized collection of comfort, activity, school, and hygiene items selected to help a child regain routine, connection, and a sense of normalcy after a disaster.

CORE ITEMS

- ☐ Book or age-appropriate reading item
- ☐ Journal or notebook
- ☐ Pens, pencils, or art supplies
- ☐ Small game, puzzle, cards, or activity
- ☐ Hygiene items if appropriate
- ☐ School supplies if needed

PERSONAL COMFORT ITEMS

- ☐ Comfort note or encouragement card
- ☐ Sports item, team item, or hobby item
- ☐ Headphones, playlist card, or quiet activity idea
- ☐ Small toy or stuffed item for younger kids
- ☐ Gift card if appropriate and approved
- ☐ Item based on age, interests, and family situation

Normalcy Kits are not just about “stuff.” The goal is to give kids something familiar, useful, or personal when life feels disrupted.

Create a Normalcy Kit

Plan one kit with care before collecting items.

Step	Action	Done
1	Ask partner/adult what items are allowed.	☐
2	Choose age-appropriate items.	☐
3	Pack items neatly and respectfully.	☐
4	Add a kind note without making promises.	☐
5	Track kit count and delivery partner.	☐

WHO IS THIS KIT FOR?

AGE RANGE:

INTERESTS/HOBBIES:

SCHOOL NEEDS:

COMFORT OR QUIET ACTIVITY NEEDS:

ANY RESTRICTIONS OR ITEMS TO AVOID:

WHAT WILL WE INCLUDE?

USEFUL ITEM:

COMFORT ITEM:

ACTIVITY ITEM:

SCHOOL/HYGIENE ITEM:

ENCOURAGEMENT NOTE:



PRO TIP:

Avoid writing "I know exactly how you feel." A better note is: "I'm thinking of you and hoping this helps your day feel a little easier."

Student volunteers should work with a trusted adult or partner organization for collection and distribution.

Youth Volunteer Boundaries

Helping others should not mean carrying everything alone.

Student leaders can do meaningful work after a disaster, but they still need boundaries, rest, and adult support. Helping should feel purposeful, not overwhelming.

STUDENT VOLUNTEERS CAN:

- ☐ Collect and sort approved supplies
- ☐ Pack Normalcy Kits
- ☐ Share official resources
- ☐ Check in kindly with peers
- ☐ Invite someone into a normal activity
- ☐ Tell a trusted adult when they are worried

STUDENT VOLUNTEERS SHOULD NOT:

- ☐ Act as therapists or crisis counselors
- ☐ Promise to keep unsafe secrets
- ☐ Pressure anyone to share disaster stories
- ☐ Make emergency or medical decisions
- ☐ Drive or enter unsafe areas
- ☐ Ignore their own stress or exhaustion



CALM CHECK:

If helping starts to feel heavy, pause and talk to an adult advisor. Strong leaders also know when to rest.

If someone may be unsafe, tell a trusted adult or emergency service immediately

Trauma-Informed Language

Words can either help someone feel safe or make them feel smaller.

You do not need perfect words. You just need words that are kind, calm, and respectful. The goal is to support, not fix.

Avoid saying	Try saying instead
“At least it was not worse.”	“I’m really sorry you had to go through that.”
“Everything happens for a reason.”	“That sounds really hard. I’m here with you.”
“You should be over it by now.”	“It makes sense that recovery takes time.”
“I know exactly how you feel.”	“I may not know exactly how it felt, but I care.”
“Don’t be dramatic.”	“Do you want to talk, or would a break help?”



PEER SUPPORT MOMENT

Sometimes support sounds simple: “I’m here,” “I believe you,” “You don’t have to talk if you don’t want to,” or “Let’s find an adult who can help.”

Peer support is not therapy. It is kindness, connection, and knowing when to get help.

Supporting Younger Kids After the Storm

Younger kids often need simple words, routine, and reassurance.

YOUNGER KIDS MAY NEED

- ☐ Simple explanations without scary details
- ☐ Reassurance that adults are handling safety decisions
- ☐ Comfort items, play, drawing, or stories
- ☐ Predictable routines when possible
- ☐ Breaks from news, images, and adult stress talk
- ☐ Patience if behavior changes for a while

HELPFUL ADULT OR SIBLING ACTIONS

- ☐ Answer questions honestly but gently
- ☐ Keep meals, bedtime, and school routines as steady as possible
- ☐ Offer choices: "Do you want to draw or read?"
- ☐ Use calm words: "We have a plan."
- ☐ Let play or drawing become a way to express feelings
- ☐ Get professional help if reactions are severe or do not improve

FOR THE YOUNGER KID IN OUR FAMILY/COMMUNITY

COMFORT ITEM: _____

FAVORITE CALM ACTIVITY: _____

TRUSTED ADULT: _____

ROUTINE TO RESTART FIRST: _____

If a child seems unsafe, severely distressed, or is not improving, contact a trusted professional

Supporting Teens After the Storm

Teens may need responsibility, space, and support — in the right balance.

TEENS MAY APPRECIATE

- ☐ Clear information about the family plan
- ☐ A real but safe way to help
- ☐ Time with friends or teammates
- ☐ Space without being ignored
- ☐ Help catching up with school or activities
- ☐ Adults who do not minimize their stress

BE CAREFUL NOT TO

- ☐ Make teens the emotional “adult” of the family
- ☐ Assume they are fine because they are quiet
- ☐ Expect them to process everything immediately
- ☐ Let doom-scrolling replace rest
- ☐ Ignore sleep, appetite, panic, or withdrawal changes
- ☐ Let them carry a friend’s crisis alone



PARENT/GUARDIAN TIP:

A teen may not want a long conversation. Try a low-pressure opening: “I’m here if you want to talk, and I can also just sit with you.”

Peer support is not therapy. It is kindness, connection, and knowing when to get help.

Sleep, Focus, and Body Stress

Stress can show up in the body, not just in words.

After a storm, kids and teens may not always say “I’m stressed.” It may show up as sleep problems, headaches, stomachaches, trouble focusing, irritability, withdrawal, or wanting to stay near trusted adults.

NOTICE CHANGES LIKE

- ☐ Ongoing nightmares or sleep problems
- ☐ Big changes in eating or energy
- ☐ Headaches, stomachaches, or body tension
- ☐ Trouble focusing or remembering things
- ☐ Irritability, panic, or sudden strong emotions
- ☐ Withdrawal from friends or usual activities

SUPPORTIVE NEXT STEPS

- ☐ Restart simple routines when possible
- ☐ Reduce repeated storm images and rumors
- ☐ Offer food, water, rest, and calm activities
- ☐ Talk to a trusted adult, counselor, doctor, or pediatrician
- ☐ Use 988 or emergency help if there is immediate safety concern
- ☐ Do not ignore severe or worsening reactions



CALM CHECK:

Stress reactions are not weakness. They are signals that a person may need support, rest, connection, or professional help.

How to Ask for Help

Sometimes the hardest part is starting the sentence.

Asking for help can feel awkward, especially when everyone seems busy after a storm. Use one of these lines if you are not sure what to say.

If you feel...	Try saying...
Overwhelmed	"I am feeling overwhelmed and need to talk to someone."
Scared	"I know we have a plan, but I still feel scared. Can you explain what happens next?"
Confused	"Can you help me understand what our family is doing today?"
Worried about a friend	"I'm worried about my friend and I don't want to handle it alone."
Not safe	"I do not feel safe. I need help now."

MY HELP PLAN:

TRUSTED ADULT AT HOME: _____

TRUSTED ADULT AT SCHOOL: _____

COACH/MENTOR/FAMILY FRIEND: _____

DOCTOR/COUNSELOR: _____

WHAT I CAN SAY IF I NEED HELP:

If there is immediate danger, call 911. For crisis support, call or text 988.

National Crisis & Support Resources



PRO TIP:

QR codes are helpful before a storm, but phones and power may fail. Write down important numbers and websites, too.

Write down support options before you need them.

These resources are for the United States and U.S. territories. Add local school, counselor, doctor, and community resources in the blanks.

U.S. CRISIS & SUPPORT RESOURCES

Emergency danger:

Immediate danger

911

988 Suicide & Crisis Lifeline:

Emotional crisis or support

Call or text 988

SAMHSA Disaster Distress Helpline:

Call or text 1-800-985-5990

Poison Control

Poison exposure or possible poisoning

1-800-222-1222

READY TOGETHER RESOURCE HUB:



kids4kidsrelief.org/ready

LOCAL SUPPORT RESOURCES

SCHOOL COUNSELOR/SUPPORT:

PEDIATRICIAN/DOCTOR:

LOCAL MENTAL HEALTH PROVIDER:

COMMUNITY/YOUTH ORGANIZATION:

FAITH/COMMUNITY LEADER, IF HELPFUL:

TRUSTED ADULT WHO CAN HELP US CHOOSE NEXT STEPS:

If there is immediate danger or a medical emergency, call 911.

For suicide or emotional-crisis support, call or text 988.

Recovery Reflection



SMALL WIN:

Reflection is part of preparedness. What you learn after one storm can make your family and community stronger before the next one.

What helped, what changed, and what we want to remember next time.

This page can be filled out by a student, family, or Ready Together group. It is okay if your answers are short. The goal is to notice what helped and what still needs support.

WHAT HELPED US RECOVER?

ONE THING THAT HELPED ME FEEL SAFER:

ONE PERSON WHO SUPPORTED ME:

ONE ROUTINE THAT HELPED:

ONE ITEM OR ACTIVITY THAT BROUGHT COMFORT:

ONE THING I AM PROUD OUR FAMILY DID:

WHAT SHOULD WE DO NEXT TIME?

ONE THING WE SHOULD PREPARE EARLIER:

ONE ITEM WE SHOULD ADD TO OUR KIT:

ONE CONTACT/RESOURCE WE SHOULD UPDATE:

ONE WAY WE CAN SUPPORT ANOTHER FAMILY OR FRIEND:

ONE QUESTION WE STILL HAVE:

Preparedness is built one step at a time. Recovery is, too.



READY TOGETHER

STUDENT LEADERSHIP GUIDE

READY TOGETHER STUDENT
LEADERSHIP GUIDE

CHAPTER 9

[Back to Table of Contents](#)

READY TOGETHER

STUDENT LEADERSHIP GUIDE

How to provide peer-to-peer support and lead your student volunteers.

This section helps students lead with purpose without carrying responsibilities that belong to adults, schools, or local officials. Ready Together leaders can teach, organize, encourage, and connect people to credible resources.

In this section:

-  What a Ready Together session is
-  Student facilitator and adult advisor checklists
-  Peer support boundaries for youth leaders
-  Mini-session, 30-minute, and 60-minute workshop plans
-  Chapter starter tools, partner outreach, and impact tracking

LEADERSHIP MINDSET

- ☒ Lead with calm, not fear.
- ☒ Use official sources and trusted adults.
- ☒ Students help families prepare; adults and officials make emergency decisions.
- ☒ Peer support is connection and encouragement, not therapy.



KIDS4KIDS REMINDER:

Leadership does not mean doing everything. It means helping people take the next safe step.

**This workbook supports preparedness and connection.
It does not replace mental health care or emergency services.**

What Is a Ready Together Session?

A calm, student-led conversation that helps families prepare before a storm.

A Ready Together session is not a lecture and it is not a scary disaster presentation. It is a short, practical workshop where students help families understand what to do before, during, and after a storm, while also making space for how kids and teens feel during disasters.

A SESSION CAN HELP PEOPLE

- ☐ Find their evacuation zone or local risk information
- ☐ Choose official alert sources and write them down
- ☐ Start a family plan and emergency contact list
- ☐ Build a starter kit and student comfort bag
- ☐ Talk about youth mental wellness in a calm way

A SESSION SHOULD **NOT**

- ☐ Give evacuation orders or emergency instructions
- ☐ Replace local officials, schools, or emergency management
- ☐ Pressure anyone to share personal disaster stories
- ☐ Use fear, graphic images, or rumors to get attention
- ☐ Make students feel responsible for adult decisions



SMALL WIN:

A Ready Together session does not have to be huge. A 15-minute club activity that sends families home with one useful worksheet still counts.

Student Facilitator Checklist

What to prepare before leading a Ready Together activity.



PRO TIP:

Students often lead best when they keep it simple: one idea, one worksheet, one action step.

BEFORE THE SESSION

- ☐ Choose a trusted adult advisor
- ☐ Pick the audience: family, club, class, team, or youth group
- ☐ Choose the session length: 15, 30, or 60 minutes
- ☐ Print the correct worksheets or share the QR hub
- ☐ Review official local resources before presenting
- ☐ Practice your opening so it sounds natural

DURING THE SESSION

- ☐ Keep the tone calm and practical
- ☐ Use short explanations and examples
- ☐ Remind everyone that adults and officials make emergency decisions
- ☐ Pause for questions and avoid rushing
- ☐ Do not ask people to share trauma or personal disaster details
- ☐ End with one clear take-home action

OUR SESSION PLAN

DATE / TIME:

LOCATION:

ADULT ADVISOR:

AUDIENCE:

ESTIMATED NUMBER OF STUDENTS/FAMILIES:

WORKSHEETS WE WILL USE:

Students can educate and organize, but they should not give emergency orders

Adult Advisor Checklist



KIDS4KIDS REMINDER:

Youth leadership is strongest when students have adults beside them, not when students are left to handle hard things alone.

How trusted adults can support student leaders safely.

Student-led does not mean adult-free. A trusted adult advisor helps keep the session accurate, emotionally safe, and appropriate for the audience.

ADULT ADVISOR SHOULD HELP WITH

- ☐ Approving the session location and timing
- ☐ Reviewing any school, club, or facility rules
- ☐ Checking that official sources are used correctly
- ☐ Being present or available during the session
- ☐ Helping with questions students should not answer alone
- ☐ Supporting anyone who feels upset or overwhelmed

ADULT ADVISOR SHOULD WATCH FOR

- ☐ Students giving medical, legal, or evacuation advice
- ☐ Scary stories or graphic examples taking over the session
- ☐ Participants feeling pressured to share personal experiences
- ☐ Students carrying too much emotional responsibility
- ☐ Confusion between peer support and counseling
- ☐ Missing local emergency or school safety guidance

ADVISOR CONTACT

ADVISOR NAME:

PHONE / EMAIL:

BACKUP ADULT:

LOCATION RULES TO REMEMBER

EMERGENCY CONTACT AT VENUE/SCHOOL:

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

Peer Support Boundaries for Leaders

Connection matters, but student leaders are not counselors.

A Ready Together leader can listen, include, encourage, and help someone find a trusted adult. That matters. But peer support is not therapy, and students should never feel like another person's safety or recovery depends only on them.

STUDENT LEADERS CAN

- ☐ Ask if someone wants to talk or wants a distraction
- ☐ Include people in normal activities when they are ready
- ☐ Share official resources and school support options
- ☐ Encourage someone to talk with a trusted adult
- ☐ Help with service projects and Normalcy Kits
- ☐ Follow up with kindness and consistency

STUDENT LEADERS SHOULD NOT

- ☐ Diagnose, counsel, or treat mental health concerns
- ☐ Promise secrecy if someone may be unsafe
- ☐ Try to handle crisis situations alone
- ☐ Pressure people to share personal disaster experiences
- ☐ Make themselves available 24/7
- ☐ Carry another person's recovery by themselves



SAFETY FIRST!

If someone says they may hurt themselves or someone else, or if you think they may be unsafe, tell a trusted adult immediately or call emergency help.

Peer support is connection and encouragement. It does not replace crisis support or mental health care.

Chapter / Club Communication Tree

Who sends updates, who checks in, and who contacts the adult advisor?

A communication tree keeps a group organized without putting everything on one person. Use it for a Ready Together event, supply drive, chapter meeting, or post-storm check-in.

Role	Name / Contact	Who They Update	Backup
Student lead			
Co-lead			
Adult advisor			
Supply lead			
Communications lead			
Peer support check-in lead			

GROUP UPDATE RULES

OFFICIAL SOURCE WE CHECK:

WHERE UPDATES WILL BE POSTED:

WHO CAN SEND GROUP-WIDE UPDATES:

WHEN WE PAUSE ACTIVITIES FOR SAFETY:



LOCALIZE IT:

Choose one official source the group will use for storm updates. Do not let group chats become rumor chains.

Use official alerts and local emergency instructions. Do not rely only on group chats.

15-Minute Mini Session

Best for advisory, club meetings, team huddles, or quick chapter activities.

Time	Activity	Leader Notes
0-2 min	Open with why preparedness supports safety and calm.	Keep it short and human.
2-5 min	Show the Quick Reference Guide.	Point to the pages families fill out first.
5-9 min	Complete one action: out-of-town contact or alert source.	Let people fill it in right away.
9-12 min	Youth wellness reminder.	Kids should feel included, not responsible.
12-15 min	Take-home challenge.	Ask each student to complete one page with family.

MATERIALS

- ☐ Quick Reference Guide copies or QR code
- ☐ Pens or pencils
- ☐ One sample completed page
- ☐ Resource Hub link
- ☐ Adult advisor present or available

TAKE-HOME CHALLENGE

- ☐ Choose an out-of-town contact
- ☐ Write down one alert source
- ☐ Find the emergency kit location
- ☐ Choose one comfort item
- ☐ Ask one family question

Use official sources and keep the tone calm.

30-Minute Ready Together Session

Best for school clubs, youth groups, advisory periods, or family workshops.

Time	Activity	Leader Notes
0-3 min	Welcome and purpose	Preparedness creates calm, not fear.
3-8 min	Preparedness essentials	Plan, zone, home, kit, alerts, pets.
8-15 min	Family Plan Snapshot	Participants fill in the most important blanks.
15-20 min	Comfort items & youth role	Kids help safely, adults decide.
20-25 min	Peer support moment	How to check on a friend without acting like a counselor.
25-30 min	Take-home challenge	One family action before the next meeting.

SESSION NOTES

AUDIENCE:

WORKSHEET PAGES USED:

ONE LOCAL RESOURCE TO SHARE:

ONE YOUTH WELLNESS POINT TO REPEAT:

TAKE-HOME ACTION:



PRO TIP:

Do not try to teach the whole workbook in 30 minutes. Use the session to start the conversation and send people home with next steps.

Students can help people start. Families can finish the details at home.

60-Minute Ready Together Workshop

Best for chapters, libraries, community centers, schools, or partner events.

Time	Activity	Leader Notes
0-5 min	Welcome & mission	Understand why youth preparedness and mental wellness matter.
5-15 min	Preparedness Essentials	Review plan, zone, kit, alerts, pets, documents.
15-25 min	Quick Reference Guide	Fill out key contacts, alerts, and evacuation basics.
25-35 min	Youth Mental Wellness	Choose comfort items, trusted adults, and calm supports.
35-45 min	Peer Support Practice	Practice simple check-in scripts.
45-55 min	Family/Group Action Time	Choose one page to complete or one kit item to add.
55-60 min	Feedback & next step	Write one action and one question.

SET-UP CHECKLIST

- ☐ Adult advisor confirmed
- ☐ Room and time confirmed
- ☐ Printed worksheets ready
- ☐ Resource Hub QR displayed
- ☐ Pens, sign-in, and feedback forms ready
- ☐ Plan for emotional support if someone feels overwhelmed

KEEP IT SAFE

- ☐ Use official sources
- ☐ Avoid graphic disaster images
- ☐ Do not pressure people to share stories
- ☐ Keep student roles realistic
- ☐ Refer hard questions to adults or officials
- ☐ End with calm action, not fear

A Ready Together workshop should leave people informed, supported, and ready to take the next step.

Peer Support Practice Scripts

Simple words students can use when checking on friends after a disaster.

Sometimes students want to help but do not know what to say. The goal is not to fix someone's entire situation. The goal is to make them feel less alone and connect them with help if needed.

Situation	Try Saying	Remember
A friend seems quiet	"I'm glad you're safe. Want to sit together?"	Do not force them to talk.
A friend lost routines	"Do you want help catching up or just a break?"	Normal activities can help.
A friend is overwhelmed	"Do you want me to find an adult with you?"	Bring in support.
A friend shares something hard	"Thank you for telling me. You do not have to handle this alone."	Do not promise secrecy.
You do not know what to say	"I do not know the perfect words, but I care."	Honesty is okay.

GOOD CHECK-IN QUESTIONS

- ☐ Do you want to talk or take your mind off it?
- ☐ Is there a trusted adult you want to talk to?
- ☐ Do you want help finding school updates?
- ☐ Would a normal activity help right now?

AVOID SAYING

- ☐ At least it was not worse.
- ☐ You should be over it by now.
- ☐ Everything happens for a reason.
- ☐ I know exactly how you feel.

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

Start a Kids4Kids Relief Chapter

A simple path for students who want to lead Ready Together in their community.

A chapter should begin small and real. You do not need a huge event to start. Begin with a few students, a trusted adult, one preparedness session, and one way to track impact.

FIRST STEPS

- ☐ Find 2-3 student leaders
- ☐ Identify a trusted adult advisor
- ☐ Choose a school, club, library, or community base
- ☐ Pick one Ready Together activity to start
- ☐ Use official preparedness resources
- ☐ Decide how you will track impact

FIRST PROJECT IDEAS

- ☐ Host a 15-minute quick-reference session
- ☐ Run a student comfort bag drive
- ☐ Build Normalcy Kits
- ☐ Share official preparedness resources
- ☐ Create a family plan night
- ☐ Partner with a school club or youth group

CHAPTER STARTER NOTES

CITY / SCHOOL / GROUP:

STUDENT LEADS:

ADULT ADVISOR:

FIRST PROJECT:

DATE GOAL:

RESOURCE HUB / CHAPTER SIGNUP QR:



SMALL WIN:

Your first chapter activity can be simple: one meeting, one worksheet, one family action step.

Student chapters should work with trusted adults and local guidance.

School Partner Outreach

A simple message students can send to a teacher, counselor, club advisor, or administrator.

Use this as a starting point. Make it sound like you, keep it short, and be clear about what you are asking for.

EMAIL / MESSAGE DRAFT

Subject: Student-led hurricane preparedness resource for families

Hi _____,

My name is _____, and I am part of Kids4Kids Relief / Ready Together. We created a youth-led hurricane preparedness and mental wellness workbook to help families prepare in a calm, practical way.

The goal is not to scare students. It is to help families know their plan, write down trusted alerts, prepare supplies, and support kids before, during, and after a storm.

Would it be possible to share the free Quick Reference Guide with students/families or host a short Ready Together session through _____?

Thank you for considering it,



PRO TIP:

Ask for one clear thing: permission to share a resource, host a short session, or meet for 10 minutes. Big asks are harder to approve.

Use school-approved communication channels and follow school rules.

Community Partner Outreach

For libraries, youth groups, houses of worship, community centers, and local organizations.

Community partners can help bring Ready Together to families who may not see the workbook through school. Keep the ask practical and nonpartisan.

PARTNER MESSAGE DRAFT

Hello _____,

I am reaching out on behalf of Kids4Kids Relief, a youth-led organization focused on helping kids and families prepare for and recover after natural disasters.

We are sharing Ready Together, a hurricane preparedness and youth mental wellness workbook for families. It includes quick-reference pages, family planning tools, supply checklists, student comfort items, and guidance for safe peer support.

Would your organization be open to sharing the free resource, hosting a short student-led session, or partnering on a supply or Normalcy Kit drive?

Thank you,

Possible Partner	Best Ask	Notes
Library	Host session / display resources	
Youth group	Ready Together activity	
Community center	Family workshop	
Local nonprofit	Supply or kit drive	
Local official / EM office	Review resources / share links	

Keep outreach nonpartisan, service-focused, and free-resource first.

Supply / Donation Drive Checklist

How to collect useful items without creating clutter or safety problems.

A supply drive works best when the list is specific. Collect items people actually need and that your group can sort, store, and deliver responsibly.

GOOD ITEMS TO COLLECT

- ☐ New flashlights or batteries
- ☐ Power banks or charging cords
- ☐ First aid supplies
- ☐ Shelf-stable snacks
- ☐ Hygiene items
- ☐ New notebooks, journals, or art supplies
- ☐ Pet supplies if requested
- ☐ Gift cards if allowed by partner organization

AVOID COLLECTING

- ☐ Expired food or medicine
- ☐ Used medical supplies
- ☐ Open hygiene products
- ☐ Damaged or dirty items
- ☐ Items no partner has agreed to accept
- ☐ Anything unsafe for kids to sort
- ☐ Large items without storage/transport plan
- ☐ Cash unless approved by adults/organization

DRIVE PLAN

PARTNER ORGANIZATION:

APPROVED ITEM LIST:

COLLECTION DATES:

DROP-OFF LOCATION:

SORTING VOLUNTEERS:

DELIVERY PLAN:

Confirm partner needs before collecting donations.

Normalcy Kit Drive



KIDS4KIDS REMINDER:

Normalcy is not a luxury. Familiar activities, school items, hobbies, and kindness can help kids feel less alone.

Helping kids feel seen, supported, and a little more like themselves after disaster.

Normalcy Kits are not just bags of supplies. They are small reminders that kids are still kids, even after a disaster interrupts their routines.

POSSIBLE KIT ITEMS

- ☐ Colored pencils, markers, or art supplies
- ☐ Book or age-appropriate activity
- ☐ Card game or small puzzle
- ☐ Comfort note from a student
- ☐ Hygiene items
- ☐ School supplies
- ☐ Small sports or hobby item if appropriate

PERSONALIZATION NOTES

- ☐ Age group: _____
- ☐ Interests: _____
- ☐ Gender-neutral items when possible
- ☐ Avoid items that could leak, break, or expire
- ☐ Check partner rules before adding food
- ☐ Keep notes kind but not overly personal
- ☐ Do not promise outcomes you cannot control
- ☐ Track how many kits are delivered

KIT IMPACT TRACKER

NUMBER OF KITS PLANNED:

NUMBER COMPLETED:

AGE GROUPS SERVED:

PARTNER / DELIVERY LOCATION:

STUDENT VOLUNTEERS:

NOTES / FEEDBACK:

Follow partner guidance for safe, appropriate donations.

Social Media Safe Messaging

How to share preparedness without spreading fear or rumors.

Social media can help families find resources, but it can also spread rumors quickly. Ready Together posts should be calm, helpful, nonpartisan, and connected to official sources.

POST THIS WAY

- ☐ Share official alert sources and resource links
- ☐ Use calm, practical language
- ☐ Tell people one clear action to take
- ☐ Remind families to print key information
- ☐ Include youth mental wellness reminders
- ☐ Link to the Ready Together Resource Hub

DO NOT POST

- ☐ Unverified storm rumors
- ☐ Scary or graphic disaster images
- ☐ Claims that are not from official sources
- ☐ Evacuation instructions you are not authorized to give
- ☐ Photos of children without permission
- ☐ Personal addresses, routes, or private medical details

CAPTION STARTER

Storm prep can feel overwhelming, but one small step helps. Start by writing down your emergency contacts, official alert sources, and one comfort item for each child or teen.

Download the free Ready Together tools here: _____

Hashtags / tags to consider: _____

Official source to link: _____

Share official sources. Do not spread rumors or private information.

Feedback & Impact Tracker

Measure what you did so the work can grow and improve.

Impact tracking is not about bragging. It helps Kids4Kids Relief understand what families need, what students learned, and how Ready Together can improve.

Date	Activity	Students	Families	Notes
	Ready Together session			
	Quick Reference shared			
	Supply drive			
	Normalcy Kits			
	Chapter meeting			

FEEDBACK QUESTIONS

ONE THING PEOPLE FOUND USEFUL:

ONE THING PEOPLE FOUND CONFUSING:

ONE QUESTION FAMILIES STILL HAD

ONE CHANGE WE SHOULD MAKE NEXT TIME:

ONE QUOTE/TESTIMONIAL WITH PERMISSION:

Protect privacy when collecting feedback or testimonials.

Youth Leader Reflection



KIDS4KIDS REMINDER:

You do not need to be the loudest person in the room to be a leader. You need to care enough to help people take the next step.

What did I learn, who did I help, and what will I do next?

Leadership is not only about the event. It is also about reflection. Use this page after a session, drive, chapter meeting, or community project.

REFLECTION PROMPTS

WHAT DID I HELP CREATE OR LEAD?

WHO DID THIS PROJECT HELP?

WHAT DID I LEARN ABOUT PREPAREDNESS?

WHAT DID I LEARN ABOUT YOUTH MENTAL WELLNESS?

WHAT WAS HARDER THAN EXPECTED?

WHAT WOULD I IMPROVE NEXT TIME?

ONE PERSON I WANT TO THANK:

MY NEXT LEADERSHIP STEP:

READY TOGETHER CLOSING THOUGHT

Preparedness is not just about supplies. It is about helping kids feel safe, included, supported, and less alone.

Students can lead real change when they use credible information, stay grounded in service, and bring trusted adults into the work.

The goal is not fear. The goal is calm, connection, and action.



OFFLINE EVACUATION PLANNING & RESOURCE HUB

CHAPTER 10

OFFLINE EVACUATION

PLANNING & RESOURCE HUB

Don't get caught off guard.

This section helps families prepare for the moments when phones, Wi-Fi, GPS, or power may not work. The goal is simple: know where to get official information, print what matters ahead of time, and keep your route plan with your go bag.

In this section:

-  Why QR codes are useful but not enough
-  State emergency resource directories
-  What to print before hurricane season
-  Primary and backup route planning
-  Official resources and Kids4Kids Relief links



KIDS4KIDS REMINDER

- ☒ Printed backups can reduce confusion when technology fails.
- ☒ Students can help organize papers and routes, but adults and local officials make emergency decisions.
- ☒ Always follow local evacuation orders and official instructions.

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

Why QR Codes Are Not Enough

Phones, power, and data can fail when families need information most.

QR codes are helpful before a storm. They can take families straight to supply lists, shelter pages, state emergency resources, and Kids4Kids Relief tools. But during an evacuation or power outage, a phone might be dead, service might be weak, or internet pages may load slowly.

USE QR CODES FOR

- ☐ Downloading checklists before hurricane season
- ☐ Finding official state and county resources
- ☐ Printing evacuation-zone and shelter information
- ☐ Accessing supply lists and resource hubs
- ☐ Sharing tools with schools, clubs, and families

DO NOT RELY ONLY ON QR CODES FOR

- ☐ Your only copy of driving directions
- ☐ Your only list of emergency contacts
- ☐ Your only proof of insurance or medication needs
- ☐ Your only source of shelter information
- ☐ Your only plan if cell service is down



PRO TIP:

Before hurricane season, scan the QR codes, print key pages, and write important websites directly into this workbook.



SMALL WIN:

Only have 10 minutes? Print your route, write down your emergency contact, and save your county alert page.

QR codes help before a storm. Printed backups help when technology does not.

State Resource QR Directory: Gulf Coast & Florida

Use this page to collect official emergency links before a storm.

QR codes are helpful, but families should still write the website down and print what they need before hurricane season.

Download / List	QR Code	Website / Last Checked
Florida Disaster / Know Your Zone		floridadisaster.org/knowyourzone
Florida road / traffic / 511 resource		fl511.com
Alabama emergency management / evacuation resources		ema.alabama.gov/prepare
Mississippi emergency management / evacuation resources		msema.org/prepare/types-disasters/hurricanes
Louisiana emergency management / evacuation resources		getagameplan.org
Louisiana road / traffic resource		511la.org
Texas emergency management / evacuation resources		texasready.gov
Texas road / traffic resource		drivetexas.org

LOCALIZE IT _____

Write your county emergency management website here: _____

Links last checked: August 2026

Use state resources for planning, but follow local officials during an active emergency.

State Resource QR Directory: Southeast Atlantic

Georgia, South Carolina, North Carolina, and Virginia

Evacuation zones, shelter lists, and transportation conditions can change by storm. Use this page to gather official state and local links, then print your family route plan before a storm is approaching.

Download / List	QR Code	Website / Last Checked
Georgia emergency management / hurricane evacuation zones		gema.georgia.gov/plan-prepare/hurricane-evacuation-zone
Georgia road / traffic resource		511ga.org
South Carolina emergency management / Know Your Zone		scemd.org/stay-informed/know-your-zone
South Carolina road / traffic resource		511sc.org
North Carolina emergency management / Know Your Zone		ncdps.gov/our-organization/emergency-management/emergency-preparedness/know-your-zone
North Carolina road / traffic resource		drivenc.gov
Virginia emergency management / evacuation resources		vdem.virginia.gov/prepare
Virginia road / traffic resource		511.vdot.virginia.gov

QR BACKUP

If you scan a QR code, write down the website too. A printed backup is easier to use when service is weak.

Links last checked: August 2026

Print official route and shelter information before hurricane season whenever possible.

State Resource QR Directory: Mid-Atlantic & Northeast

Maryland through Maine

Hurricanes and tropical storms can affect communities far north of Florida. This page is for families, relatives, students, and chapters in Mid-Atlantic and Northeast states who need official planning links.

Download / List	QR Code	Website / Last Checked
Maryland emergency management / Know Your Zone + Roads/Traffic	 	mdem.maryland.gov/action/Pages/know-your-zone-md.aspx Roads: chart.maryland.gov
Delaware emergency management / evacuation resources + Roads/Traffic	 	preparedede.org/evacuation-info Roads: deldot.gov/Traffic/travel_advisory
New Jersey emergency management / evacuation resources + Roads/Traffic	 	nj.gov/njoem/plan-prepare/hurricanes.shtml Roads: 511nj.org
New York emergency management / coastal storm resources + Roads/Traffic	 	dhses.ny.gov/hurricane Roads: 511ny.org
Connecticut / Rhode Island emergency resources	 	CT: portal.ct.gov/ctprepares/types-of-emergencies/hurricanes RI: riema.ri.gov/resources
Massachusetts emergency management resources + Roads/Traffic	 	mass.gov/hurricane-season-preparedness Roads: mass511.com
New Hampshire / Maine emergency resources	 	NH: stateofnewhampshire.genasys.com/portal ME: maine.gov/mema/maine-prepares
Regional road / traffic / 511 resources		newengland511.org

LOCALIZE IT _____

If you have family in another state, write their local emergency management website here:

Links last checked: August 2026

Official state and local resources should be checked before every hurricane season.

State Resource QR Directory: U.S. Caribbean Territories

Puerto Rico and the U.S. Virgin Islands

Families in island communities may face different challenges after a storm, including longer power outages, limited transportation, supply delays, and communication issues. Use this page to collect official emergency resources and family contacts ahead of time.

PUERTO RICO RESOURCES	U.S. VIRGIN ISLAND RESOURCES
Emergency management website: manejodeemergencias.pr.gov Shelter information: preps.pr.gov/en/refugios Road / transportation updates: dtop.pr.gov Power / utility updates: preps.pr.gov/en Family contact on island: _____	Emergency management website: vitema.vi.gov Shelter information: vitema.vi.gov/hurricanes Road / transportation updates: dpw.vi.gov/news Power / utility updates: viwapa.vi Family contact on island: _____
RESOURCE	QR
Puerto Rico official emergency resources preps.pr.gov/en	
U.S. Virgin Islands official emergency resources vitema.vi.gov/hurricanes	
Ready Together Resource Hub kids4kidsrelief.org/ready	

Links last checked: August 2026

Write down important websites and family contacts before hurricane season.

Print Your Map Packet



PRO TIP:

Print maps and directions when the weather is calm. Do not wait until everyone is on the roads and internet service is overloaded.

What to print before hurricane season

This workbook should not replace official evacuation instructions. It should help your family prepare the printed backup materials you may need if phones, GPS, power, or data are not working.

PRINT THESE BEFORE HURRICANE SEASON

- ☐ Primary route to evacuation destination
- ☐ Backup route to evacuation destination
- ☐ Official shelter list
- ☐ Pet-friendly shelter or safe location information
- ☐ County evacuation zone page
- ☐ Local emergency alert signup confirmation
- ☐ Hospital / urgent care / pharmacy information
- ☐ Power company outage information
- ☐ Insurance claims phone numbers
- ☐ Family communication tree

STORE COPIES HERE

- ☐ Go bag
- ☐ Waterproof document bag
- ☐ Car glove box
- ☐ Emergency kit
- ☐ Backpack / student bag if appropriate
- ☐ With out-of-town contact if helpful
- ☐ With a trusted nearby helper
- ☐ Cloud backup or email to yourself
- ☐ Printed folder near front door
- ☐ Pet carrier or pet supply bag

Follow official evacuation routes and local instructions. Do not take shortcuts through flooded or closed roads.

My Primary & Backup Route Plan



KIDS4KIDS REMINDER:

Students can help organize printed routes and comfort items, but adults and local officials make evacuation decisions.

Fill this out before a storm is on the way.

Do your research and complete this now. Do not wait until weather becomes bad because internet and cell service will likely become overloaded or fail.

Primary Route	Backup Route
Evacuation destination: _____	Evacuation destination: _____
Address: _____	Address: _____
Main route / roads: _____	Main route / roads: _____
Fuel stop: _____	Fuel stop: _____
Rest stop: _____	Rest stop: _____
Pet friendly stop: _____	Pet friendly stop: _____
Medical/pharmacy stop: _____	Medical/pharmacy stop: _____
Printed Route Stored: _____	Printed Route Stored: _____
EVACUATION CHECK	ANSWER
Who is driving?	_____
Who is monitoring alerts?	_____
Who has the printed map packet?	_____
What time will we leave if ordered?	_____
Out-of-town contact we will update	_____

Use printed routes as backup only. Follow current local instructions during an active emergency.

Official Resources & Kids4Kids QR Hub

Trusted links to print, save, and share

Use official emergency sources for safety decisions. Use Kids4Kids Relief tools for printable checklists, student-friendly worksheets, comfort-bag ideas, chapter resources, and impact reporting.

Download / List	QR Code	Website / Last Checked
NOAA / National Hurricane Center		nhc.noaa.gov
National Weather Service		weather.gov
Ready.gov hurricane and evacuation resources		ready.gov/hurricanes ready.gov/evacuation
FEMA app / shelter and alert resources		ready.gov/fema-app
SAMHSA Disaster Distress Helpline		samhsa.gov/ddh
988 Lifeline		988lifeline.org
Ready Together Resource Hub		kids4kidsrelief.org/ready
Start a Kids4Kids Relief Chapter		kids4kidsrelief.org/get-involved

QR BACKUP

Every QR code should have a written website beside it. If the QR code does not scan, families can still type the address later.

Links last checked: August 2026

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

Final Call to ACTION



KIDS4KIDS REMINDER:

Kids can help kids. Students can lead with compassion, credible information, and safe boundaries. No one should have to recover alone.

Prepare, support, and lead - one step at a time.

Preparedness is not just about what families pack. It is also about helping kids feel safe, included, supported, and less alone before, during, and after a disaster.

USE THIS WORKBOOK TO

- ☐ Start one family conversation
- ☐ Fill out your Quick Reference Guide
- ☐ Print your route and important contacts
- ☐ Build your kit one item at a time
- ☐ Choose comfort items for kids and teens
- ☐ Check on friends after a storm
- ☐ Create Normalcy Kits
- ☐ Share official resources with your community

TAKE THE NEXT STEP

- ☐ Download free Ready Together tools
- ☐ Share the Quick Reference Guide with another family
- ☐ Ask a teacher or counselor about hosting a session
- ☐ Start a Kids4Kids Relief chapter
- ☐ Track students and families reached
- ☐ Report impact back to Kids4Kids Relief
- ☐ Invite a trusted adult to support youth leaders
- ☐ Keep preparing early, calmly, and together

MY NEXT SMALL STEP

THIS WEEK I WILL:

THE PERSON I WILL SHARE THIS WITH:

A QUESTION I STILL HAVE:

A TRUSTED ADULT WHO CAN HELP:

Thank you for helping families get Ready Together.

Sources & Review Status

Sources reviewed and where to find more detailed information

Ready Together was created as an educational workbook to help families, students, schools, and youth groups prepare for hurricanes while also supporting youth mental wellness before, during, and after a disaster. This workbook was developed using official public guidance from emergency management, weather, health, mental health, food safety, consumer safety, flood-insurance, and other authoritative sources. Selected emergency-preparedness, medical-planning, insurance, accessibility, education, and related content has undergone limited-scope review. Final youth mental-wellness review is in progress. Kids4Kids Relief selected, interpreted, edited, and presented the final content and retained control over all editorial decisions.

Topic	Core Sources
Hurricane preparedness, alerts & evacuation planning	NOAA, National Hurricane Center, National Weather Service, Ready.gov/FEMA, FEMA App, state and local emergency management offices.
Power outages, generator safety, propane & carbon monoxide	Consumer Product Safety Commission, Centers for Disease Control and Prevention, Ready.gov power-outage guidance.
Food, water, medication & medical needs	FoodSafety.gov, FDA, CDC, Ready.gov, doctors, pharmacists, and medical equipment providers.
Youth mental wellness & disaster distress	National Institute of Mental Health, SAMHSA, 988 Suicide & Crisis Lifeline, Disaster Distress Helpline, school counselors, and licensed youth mental-health professionals.
Insurance, documents, home inventory & claims preparation	FloodSmart / National Flood Insurance Program, state insurance resources, insurance policies, and licensed insurance professionals.

Use, Updates & Liability Disclaimer

The information in this workbook is provided for general educational and preparedness purposes only and is believed to be accurate as of the review dates shown. Emergency guidance, laws, programs, resources, website links, product information, and local procedures may change after publication. Kids4Kids Relief does not warrant that the information is complete, current, error-free, or appropriate for every person, household, property, medical need, location, or emergency.

Readers are responsible for verifying current information with official government agencies, emergency-management authorities, healthcare providers, insurers, schools, and other appropriately qualified professionals. Always follow current emergency alerts, evacuation orders, product instructions, medical guidance, and directions from local officials.

To the fullest extent permitted by law, Kids4Kids Relief and its directors, officers, volunteers, contributors, and reviewers disclaim liability for losses, injuries, damages, expenses, delays, or other consequences arising from the use of—or reliance on - this workbook or any third-party website, product, service, or resource referenced in it. Inclusion of a source or link does not constitute an endorsement, and Kids4Kids Relief does not control or guarantee third-party content, availability, security, or continued accuracy.

Youth mental-wellness review: In progress

Editorial review: August 2026

Safety content last reviewed: August 2026

Links last checked: August 2026

Edition: Digital Preview Edition 1.0 - August 2026

Acknowledgments & Reviewers

Special thanks to everyone who helped make this workbook a reality

Ready Together was created by Kids4Kids Relief with the support of youth leaders, family members, educators, advisors, reviewers, and community partners who believe preparedness should help kids feel safe, included, and supported.

We are especially grateful to the students and families who helped shape this workbook by sharing what would make hurricane preparedness feel clearer, calmer, and more useful. Their feedback helped us remember that disaster planning is not only about supplies, shelters, and storm timelines. It is also about helping young people feel informed, connected, and less alone.

YOUTH CONTRIBUTORS

CONTRIBUTING YOUTH LEADERS

Jolie Crimaldi
Julianna Crimaldi

Provided significant contributions to the workbook's development, youth perspective, and project direction.

ADDITIONAL YOUTH CONTRIBUTORS

Bella Cheanvechai
Riley Cheanvechai
Nathan Druskis
Finley Mace
Lily Mace
Makenzie Moorer

Contributions varied by participant and included brainstorming, student perspective, youth-facing language review, and worksheet testing.

We would also like to thank the participating students and families, teachers, counselors, club advisors, community partners, and volunteers who helped test, review, or improve workbook pages.

CONTENT REVIEWERS

Review status is listed below. Completed reviewers generously examined selected sections of this workbook related to their areas of experience or expertise. Their feedback helped strengthen the accuracy, clarity, safety, and usefulness of the final resource. Names and credentials are included only after the review is complete and permission to publish the credit has been received.

Emergency Preparedness Review

Completed - public credit pending permission

Reviewed hurricane preparedness, evacuation planning, sheltering guidance, alerts, home safety, and post-storm safety content.

Youth Mental Wellness Review

In Progress

Planned review areas include youth mental wellness, peer-support boundaries, trusted-adult guidance, Normalcy Kit language, crisis-resource wording, and when to seek additional help.

Acknowledgments & Reviewers

CONTENT REVIEWERS, CONTINUED

Medical, Medication, Oxygen, and Power-Needs Review

Dr. Vasana Cheanvechai, MD

Reviewed medication planning, refrigerated medication reminders, oxygen and medical equipment planning, backup power considerations, and medical-supply language.

Insurance, Documents, and Claims Review

Mr. Matthew Brown

Reviewed document preparation, insurance policy reminders, home inventory planning, claims logs, and post-storm documentation tools.

Accessibility and Special-Needs Planning Review

Mrs. Alicia Druskis, Special Needs Educator

Reviewed accessibility planning, sensory needs, mobility needs, service animals, special-needs registry language, and family-specific preparedness considerations.

Education / School Community Review

Mrs. Diana Nusbaum, M.A.T.

Reviewed school, student, youth group, and classroom-use sections for clarity, age-appropriateness, and practical use.

Editorial / Design Review

Ms. Joanna Kaszuba

Reviewed workbook organization, readability, formatting, worksheet flow, and user experience.

REVIEWER NOTE

Reviewers examined only the selected sections identified in their credits and participated in an individual advisory capacity. Unless expressly stated, they did not act on behalf of any employer, agency, school, medical practice, fire department, insurer, or other organization, and no institutional endorsement is implied. ***Their review does not replace official emergency instructions, medical advice, mental health care, legal advice, insurance guidance, or directions from local officials.***

Their review does not constitute certification, approval, endorsement of the complete workbook, or individualized professional advice. Reviewers did not control the final wording and are not responsible for later edits or updates. Kids4Kids Relief retained sole responsibility for all final content and editorial decisions.

Readers should follow current official alerts and local instructions and consult qualified professionals regarding their own circumstances.

About the Author: Sam Crimaldi



Sam Crimaldi
Co-Founder, Kids4Kids Relief

SAM'S WORK FOCUSES ON

- ☒ Youth-led disaster preparedness
- ☒ Peer-to-peer support
- ☒ Youth mental wellness after disasters
- ☒ Normalcy Kits for kids
- ☒ Student service and chapter leadership
- ☒ Helping families prepare calmly, one step at a time

Sam Crimaldi is the co-founder of Kids4Kids Relief, a youth-led organization helping children and families prepare for, respond to, and recover from natural disasters. After seeing how Hurricane Ian affected young people in his community, Sam helped create Kids4Kids Relief to help restore comfort, connection, and a sense of normalcy for kids after disasters.

His work focuses on youth mental wellness, peer-to-peer support, preparedness education, and Normalcy Kits. These personalized collections of age-appropriate comfort, activity, school, and hygiene items are designed to help children regain routine, connection, and a sense of normalcy after a disaster. Sam also works to give students meaningful ways to serve their communities. Sam created Ready Together because he believes disaster planning should protect more than homes and supplies. It should also help kids feel informed, included, supported, and less alone.

He hopes this workbook encourages families to prepare one step at a time and inspires more young people to lead with empathy.

WHY READY TOGETHER MATTERS

Preparedness is not just about what families pack. It is also about helping kids feel safe, included, supported, and less alone before, during, and after a disaster.

CONTRIBUTOR CREDIT

Created with significant contributions from Jolie Crimaldi and Julianna Crimaldi. Additional youth contributors are recognized in the Acknowledgments.



kids4kidsrelief.org/ready

Learn more, download resources, or start a chapter.

With Gratitude

We're all in this together



This workbook exists because many people believe that young people can make a meaningful difference before, during, and after disasters. Thank you for helping Kids4Kids Relief build a resource that is practical, compassionate, and centered on the safety and well-being of kids and families.

kids4kidsrelief.org/ready

Download updated editions and companion resources at kids4kidsrelief.org/ready