

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.