



FREE PRINTABLE RESOURCE

Hurricane Prep Checklist

A named storm is coming and you've got hours, not days. Print this and work through it in order.

THE FIRST HOUR

- ☐ **Check your evacuation zone**
Look it up now, before roads get busy
- ☐ **Fill your gas tank**
Before you do anything else that requires driving
- ☐ **Pull cash**
ATMs and card readers need power to work
- ☐ **Fill water containers**
1 gallon/person/day, at least 3 days

BUILD YOUR KIT

- ☐ **Water & food**
3 days minimum, no cooking required
- ☐ **Manual can opener**
- ☐ **Medications**
A week's supply + printed dosage list
- ☐ **Flashlights, not candles**
- ☐ **Battery or hand-crank radio**
- ☐ **First aid kit built for real trauma**
Not just band-aids and aspirin
- ☐ **Copies of ID, insurance, medical records**
Waterproof bag or USB drive

PROTECT YOUR HOME

- ☐ **Board or shutter windows**
- ☐ **Bring in anything that can fly**
Furniture, planters, grills
- ☐ **Unplug non-essential electronics**
- ☐ **Know your flood risk**
Most home insurance doesn't cover flood

Evacuate if: officials issue a mandatory order for your zone.
Storm surge kills more people than wind — a two-story house doesn't help against 10 feet of water.

THE HOUR BEFORE LANDFALL

- ☐ **Devices charged to 100%**
- ☐ **Water containers filled, incl. bathtub**
- ☐ **Kit staged near the door or in the car**
- ☐ **Family knows the plan & meeting point**

AFTER THE STORM PASSES

- ☐ **Stay away from downed power lines**
Assume every line is live
- ☐ **Never drive through flood water**
- ☐ **Run generators outside only**
- ☐ **Check on neighbors**

The 1stHour Trauma Kit covers what happens after the storm. 1sthour.com

BE READY BEFORE YOU NEED IT