

Kupuna Hurricane Preparedness Checklist



Family Preparedness

- Pick a family meeting place in case separated
- Post emergency phone numbers by every phone
- Designate an emergency contact
- Discuss evacuation routes
- Locate nearby shelters
- Fill up gas tanks in all vehicles
- Charge all electronic devices and extra batteries
- Take out cash
- Board up windows
- Secure lanai furniture and trim nearby trees
- Freeze water in plastic containers (in case of power outage)
- Use perishable foods in fridge first (in case of power outage)



Water

- One gallon per day per person
- Minimum 3-day supply
- Save water in sink/bathtub for basic sanitation and cleaning



Food

- Minimum 3-day supply of non-perishable food (e.g. canned meats, fruits, vegetables, and soups; nuts; granola bars; rice; pasta; bread)
- Non-electric can opener
- Disposable plates and utensils
- Pet food items (if needed)



First Aid

- Prescription Medication
- OTC Medication (pain reliever, antacid, anti-diarrhea)
- Supplements
- Band-aids and bandages
- Antiseptic
- Scissors & Tweezers
- Extra eyeglasses (if used)



Emergency Tools

- Battery-operated radio
- Flashlight
- Extra batteries
- Gas/charcoal grill
- Lighter or matches



Documents

- ID / Passport / Social Security Card
- Copies of insurance paperwork, medical records, bank information, birth and marriage certificates

For more kupuna safety tips, visit [altreshomecare.com](https://www.altreshomecare.com)

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