



Are You Storm-Ready?

Peace of Mind Starts with a Plan

The best time to prepare for a power outage is before one occurs. Use this checklist to ensure that you and your family are prepared.

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Portable Power Bank/s (High-Capacity)

- Charges phones, flashlights, and other USB-powered gear.
- Bonus: Solar-powered options or those with built-in flashlights.

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NOAA Weather Radio (Hand-Crank or Battery-Powered)

- Essential for emergency alerts if cell networks go down.
- Some models also include phone charging capability.

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Water (1 gallon per person per day – at least 3 days)

- Consider water purification tablets or a portable filter like a LifeStraw too.

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Non-Perishable Food (3-day supply minimum)

- Ready-to-eat meals, energy bars, or even freeze-dried options.
- Don't forget a manual can opener if needed!

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Flashlights (LED) + Extra Batteries

- Modern LED flashlights are ultra-bright and efficient.
- Headlamps free your hands—great for multitasking in the dark.

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Battery or Solar-Powered Lantern

- Safer and more effective for lighting a whole room than candles.

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Smartphone with Emergency Apps Pre-Installed

- Apps like FEMA, Red Cross, or local weather alert systems.
- Keep your phone fully charged pre-storm, and store offline maps.



Multi-Tool or Swiss Army Knife

- Handy for cutting, opening cans, basic repairs, or even first aid.



First Aid Kit (Well-Stocked)

- Include bandages, antiseptic, pain relievers, gloves, tweezers, etc.
- Add modern extras like a digital thermometer and emergency blanket.



Important Documents (Waterproof Folder or USB Drive)

ID, insurance, medical info, emergency contacts—all stored digitally and/or in a ziplock or fireproof pouch.



Back-Up Communication Device

- Consider walkie-talkies for areas with no cell service.
- Some modern devices can text via satellite (e.g. Garmin inReach).



Emergency Blankets or Sleeping Bags

- Compact Mylar blankets retain body heat and are waterproof.



Medications & Personal Hygiene Supplies

- 7-day supply of critical prescriptions.
- Include items like wet wipes, toothbrush, soap, feminine hygiene products.



Cash (Small Bills)

- In case ATMs or card readers are offline during/after the storm.



Protective Gear

- N95 masks (for dust/debris), gloves, rain poncho, and sturdy shoes/boots.