

# Hurricane Preparation Checklist: To shelter in place

## 3 Day Food Supply

**Meat or meat substitutes (4 cans):**  
tuna  
sardines  
smoked oysters  
kipper snacks  
salmon  
canned chicken  
peanut butter  
canned nuts  
jarred cheese spread  
tamales  
Dinty Moore Stew  
Spam

**Fruits (3 cans):**  
apricots  
pineapple chunks  
pears  
peaches

**Fruit Juices  
(2 cans)**

**Vegetables (3 cans):**  
asparagus  
sweet peas  
beets  
spinach

**Breads:  
Crackers**



**Water (5 gallons)** – Plan at least 1 gallon of water per person per day for at least 3 days and preferably 1 ½ gallons per person is best for 5 days



## First-aid kit:

Current first-aid book/manual  
Adhesive bandages-various sizes (multi type in package)  
4 x 4 inch gauze pads  
3 x 3 inch gauze pads  
triangular (37 inch square folded)  
gauze in packages  
antiseptic solution (3 to 6 ounces)  
sodium bicarbonate tablets (for shock, nausea, burns)  
water purification tablets  
medical tape  
Band-aids-various sizes – be sure to have butterfly Band-aids  
Benedryl for allergic reactions  
Kaopectate or other diarrhea remedy

elastic bandage  
splint  
ice pack/ice bag  
hot water bottle  
safety pins  
sewing needles  
antiseptic cream  
rubbing alcohol  
peroxide  
cotton balls  
Q-tips  
tweezers  
ointments  
Vaseline  
small scissors  
eye drops  
ear syringe  
snakebite kit  
thermometer  
eye dropper  
sunscreen  
sunburn pain reliever  
collapsible cup  
aspirin  
dry mustard (emetic)  
boric acid  
sinus medication  
cough syrup  
antacids  
hand sanitizer

## Fuel Consumption and Burning Time

### Gas lantern (Coleman, two-mantle)

5/12 quart will burn 5 hours

To burn at the rate of 5 hours per day, you would need 38 gallons for one year.

### Kerosene lantern (1-inch wick)

1 quart kerosene burns 45 hours.

To burn 5 hours per day, you would need 10 gallons for a year.

### Flashlight batteries

6 to 7 hours continuous burning.

### Candles

¾-inch by 4-inches lasts 2 hours 20 minutes.

7/8-inch by 4-inches lasts 5 hours.

2-inch square candle 9-inches tall will burn at the rate of 1-inch per 7 hours or will last 63 hours.

### Lamp oil

32 ounces (.946 liter) lasts 4 days burning in evening before bedtime and in the AM before daylight.