

HURRICANE PREPAREDNESS



Checklist for Female Oncology Patients

Health & Medical Supplies:

1. Medications:

- Prescription medications (5-7 day supply)
- Over-the-counter medications (pain relievers, anti-nausea) as prescribed by your physician
- Copies of medical records and treatment plans

2. Medical Needs:

- Medical equipment (feeding tube supplies/pumps, monitors, oxygen and oxygen concentrators, nebulizers, walkers, canes, wheelchairs, etc.)
- Medical supplies (e.g., bandages, alcohol swabs, colostomy supplies)
- Hand sanitizer
- Antibacterial wipes

Personal Essentials:

1. Personal Hygiene Items:

- Personal hygiene items (toothbrush, toothpaste, soap, shampoo/conditioner, deodorant)
- Feminine hygiene products
- Comfort items (e.g., soft blankets, pillows)

2. Clothing:

- Comfortable, loose-fitting clothing
- Sturdy, non-slip, closed toe shoes

Nutrition & Hydration:

1. Food & Water:

- Bottled water (1 gallon per person per day)
- Nutritional supplements or meal replacements
- Non-perishable food that meets dietary restrictions

Safety & Communication:

1. Safety Supplies:

- Battery-powered or hand-crank radio
- Flashlights and extra batteries
- Whistle to signal for help

2. Communication:

- Phone charger and backup battery
- Emergency contact list (doctors, family, friends)

Emotional Support:

1. Entertainment & Comfort:

- Books, magazines, or other entertainment items
- Contact list of support networks (friends, family, cancer support groups)

