

HURRICANE PREPAREDNESS



Checklist for New/Current Mothers

For the Mother:

1. Personal Essentials:

- Prescription medications (5-7 day supply)
- Over-the-counter medications as prescribed by your doctor
- Comfortable clothing and sturdy, closed toe shoes
- Personal hygiene items (toothbrush, toothpaste, soap, shampoo/conditioner, deodorant)

2. Comfort & Safety:

- Extra blankets and pillows
- Hand sanitizer and antibacterial wipes

3. Health & Nutrition:

- Bottled water (1 gallon per person per day)
- Non-perishable food (granola bars, canned foods, dried fruit, etc)
- Snacks and special dietary items
- Female sanitary products

4. Communication & Entertainment:

- Battery-powered or hand-crank radio
- Phone charger and backup battery

For the Baby:

1. Baby Essentials:

- Diapers (5-7 day supply)
- Baby wipes
- Baby blankets and clothing
- Something safe for the baby to sleep in should evacuation be necessary (baby carrier, stroller, sling)
- Prescriptions and any over-the-counter medications with a syringe

2. Feeding Supplies:

- Breastfeeding supplies (breast pump, storage bags, nipple cream)
- Formula and bottles (if not breastfeeding, 5-7 day supply)
- Baby food (non-perishable options)

3. Comfort & Entertainment:

- Pacifiers and small toys
- Books and other items to keep the baby entertained

