



American University of the Caribbean  
School of Medicine

### Building Your Hurricane Preparedness Kit

In advance of a tropical storm or hurricane, you will need to prepare a hurricane kit with essential supplies and personal items. This kit will allow you to be ready should you need to evacuate to a shelter or in the event that you lose power or communication. We recommend packing these items into a regular sized suitcase so that you can move quickly if necessary.

- Important documents (passport, visa, insurance cards, immunization records, credit cards) in a Ziploc bag or air/water tight container
- Bottled water that can sustain you for five (5) days (1 gallon per person per day)
- Non-perishable food items that can sustain you for five (5) days (peanut butter, crackers, granola bars, trail mix, hard candy, cereals)
- Manual, non-electric can opener
- Pillow, blanket and/or sleeping bag
- Supply of personal medication for up to five (5) days
- First-aid kit (pain relievers, Band-Aids, antibacterial ointment, insect repellent)
- Rain gear including closed toed shoes or boots
- A change of clothing for two (2) days
- Personal hygiene toiletries (soap, toothpaste, toothbrush, shampoo, toilet paper, and bath towel)
- Plastic garbage bags
- Flashlight and extra batteries (no candles)
- Fully charged phone and charger
- Non-electronic items such as cards and books to read
- Cash (ATMs may not work for some time)
- Extra set of home and vehicle keys
- If you have a pet, please bring an appropriate sized crate as well as medications and food to last up to five (5) days