

Hurricane Preparedness Checklist for Families

A simple guide for Houston and Southeast Texas parents

The goal is simple. Keep your family safe, comfortable, and connected if a storm disrupts daily life. Use this checklist to gather essential items ahead of time so you are not rushing when a storm is on the way.

Basic Emergency Supplies

These are the must-haves every household needs.

- Water (one gallon per person per day for at least 3–7 days) [\[ready.gov\]](https://www.ready.gov)
- Non-perishable food (canned goods, ready-to-eat meals, snacks) [\[ready.gov\]](https://www.ready.gov)
- Manual can opener
- Flashlights (one per person)
- Extra batteries
- First aid kit
- Battery-powered or hand-crank radio
- Phone chargers and backup battery packs
- Cash in small bills
- Local maps (in case GPS is unavailable)

Health and Safety Essentials

Make sure your family's health needs are covered.

- Prescription medications (at least a 7-day supply if possible) [\[ready.gov\]](https://www.ready.gov)
- Over-the-counter medicines (fever reducer, allergy relief, pain relievers)
- Copies of medical records and insurance cards
- Hand sanitizer, disinfecting wipes, soap
- Masks and gloves
- Thermometer

Baby and Young Child Supplies

Young children need extra consideration during emergencies.

- Infant formula or toddler-friendly foods
- Bottles, sippy cups, utensils
- Diapers, wipes, diaper cream
- Extra clothing (weather-appropriate)
- Blankets and swaddles
- Favorite comfort items (toy, stuffed animal, book)
- Baby carrier or stroller
- Child-safe sunscreen and insect repellent

Tip: Let your child help pick a toy or book for the kit. It helps them feel more secure and prepared.

Comfort and Emotional Support Items

Storms can be stressful for children. These items help maintain calm.

- Books, coloring supplies, small games
- Headphones or calming music
- Family photos or familiar objects
- Notebooks or journals for older children

Important Documents (Keep in Waterproof Storage)

Store these in a sealed bag or folder that is easy to grab.

- IDs (driver's license, birth certificates)
- Insurance policies (home, auto, health)
- Emergency contacts list
- Child care provider contact information
- Bank account and financial records

Clothing and Personal Items

Plan for several days away from home.

- Change of clothes for each family member
- Sturdy shoes
- Rain gear
- Toiletries (toothbrush, toothpaste, hygiene products)
- Towels and washcloths

Home and Safety Equipment

These items help protect your space and manage conditions during outages.

- Fire extinguisher
- Matches in a waterproof container
- Basic tools (wrench, pliers)
- Plastic sheeting and duct tape (for temporary repairs or sheltering) [[ready.gov](https://www.ready.gov)]
- Portable fans or cooling options
- Generator (used safely outdoors only)

Food Planning for Families

Think beyond just calories. Children need familiar, simple options.

- Shelf-stable milk or milk alternatives
- Peanut butter or protein spreads
- Crackers, cereal, granola bars
- Applesauce, fruit cups

- Easy-to-open snacks

Tip: Introduce these foods before a storm so children are comfortable eating them.

Pet Supplies (If Applicable)

Pets are part of the family too.

- Pet food and water
- Leash, carrier, or crate
- Medications
- Vaccination records

Quick “Go Bag” Checklist

If evacuation becomes necessary, have a smaller bag ready with:

- IDs and documents
- Medications
- Phone charger
- Water and snacks
- Child comfort item

A Final Note for Parents

Talk through your plan in simple terms. Keep routines as normal as possible. Stay calm and reassuring.