

## ***Hurricane Preparedness***

### **The NHC Storm Preparedness Kit\***

We took the official National Hurricane Center's recommended survival kit and added some Insider humor.

☑ Water - Probably the single most important post hurricane resource and the one most commonly overlooked. You would think that with all the water in the streets the last thing you need is more water. However, the extreme run-off from tropical weather can contaminate city water sources for days or even weeks. At least 1 gallon daily per person for 3 to 7 days. Pets should not be allowed to drink run-off either. Water, everywhere, and not a drop to drink!

☑ Food (Beer) - at least enough for 3 to 7 days

- non-perishable packaged or canned food / juices (beer)
- foods for infants or the elderly
- snack foods
- non-electric can opener
- cooking tools / fuel
- paper plates / plastic utensils
- forget the microwave diners!

Special high energy bars are available from survival outfitters. They store well and last up to 5 years. They are a "heart attack in a cube" however. Made from peanut butter and coconut oils they provide their energy from saturated fats. Don't make a steady diet of them!

Take care if you plan to cook with open flame. Check the area thoroughly for gas or other flammable leaks. The good news is, if you do catch fire there should be ample water about to 'drop and roll' in!

☑ Blankets / Pillows, etc. - Bag them in garbage bags and store them safely. You will be amazed where water can get when driven by 100mph winds. Frogs can tell you, under those conditions even they aren't water tight!

☑ Clothing - seasonal / rain gear/ sturdy shoes - Again, bag these items so they will be dry when you need them. You want to be well dressed for the post hurricane festivities.

☑ First Aid Kit / Medicines / Prescription Drugs - Keep these items at hand. The last thing you want to be doing is searching through the rubble of your home looking for grandpa's nitro glycerin tablets!

☑ Special Items - for babies and the elderly  
Toiletries / Hygiene items / Moisture wipes This is not the time to run out of Depends.

☑ Dive mask and snorkel - No, no joke! It's the only way to see and breath in the torrential downpours of a tropical storm. If you have never experienced this, imagine it's like stepping outside, into a pool. Your wet down to your skivvies, instantly!

☑ Flashlight / Batteries - Actually check them often, but not too often as then they will be dead when you need them.

✔ Radio - Battery operated and NOAA weather radio. Also available for a reasonable price is a hand crank radio. These compact self powered radios run 20 minutes on a few brisk cranks. Then you never need worry about batteries!

✔ Cash - Banks and ATMs may not be open or available for extended periods. Following Hurricane Juliet La Paz Banks were closed for up to a week. Credit cards are problematic on good days in Mexico. Imagine how anxious merchants will be to accept your plastic if they can't call to verify the transactions.

✔ Keys - Hopefully you will still have a front door to open with them and your car will still be in the neighborhood.

✔ Toys, Books and Games - Keep the kids calm and amused. You will be more calm and collected during the emergency if you don't have to answer "Dad, is the storm over yet?" 300 times.

✔ Important documents - in a waterproof container  
— insurance, medical records, bank account numbers, Social Security card, etc. I put my insurance claims phone number on speed dial.



Keep some form of identification on you at all times. This makes it easier for authorities to inform your family if you do something stupid.

✔ Tools - keep a set with you during the storm. Bolt cutters and plastic milk crates can be handy in the post storm looting.

✔ Vehicle fuel tanks filled. Seriously, this can be a problem in Baja. Following large storms the roads may be closed for days, prohibiting fuel delivery. Fortunately, it also will inhibit your ability to USE the gas in your car. Also, station tanks can flood, providing substandard fuel for weeks.

✔ Pet care items  
— proper identification / immunization records / medications  
— ample supply of food and water  
— a carrier or cage  
— muzzle and leash

Keep track of your pet, they can be distraught by the storm and you don't want to risk your life searching for a lost pet or distracting you at critical moments.

Stay safe and enjoy!

\*Source National Hurricane Center's Preparedness Resources. Humor (if you found any) by the BajaInsider

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