

12-WEEK HURRICANE PREPAREDNESS CHECKLIST

joyfully prepared

about me



I'm a regular mom...

...with a husband, a bunch of kids, and some dogs and I'm the

founder of Joyfully Prepared, a business dedicated to teaching busy moms skills like gardening, food preservation, natural remedies, and more so they can take care of themselves through developing talents, support their families with confidence, and save money.

I've rolled down the mountain of accomplishment so many times that I have skinned knees, grass in my teeth, and sticks in my hair. All of these mistakes have actually allowed me to become more confident in my knowledge and skills.

I'm eager to learn and strive to create a space where people want to learn. I'm not perfect. In fact, someone once described me as the "queen of preparedness, but normal without scaring people."

Whether it's canning, gardening, emergency preparedness, or anything else—I teach others to feel confident while learning it.

The information, including but not limited to, text, graphics, images and other material contained herein are for informational purposes only. I am not a doctor and this information is not intended to be a substitute for professional medical advice, diagnosis or treatment.

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12-Week Hurricane Preparedness Checklist

Week	Food & Water	Gear & Gadgets	Organization & Personal Prep	Home & Comfort
1	Store 1 case of bottled water or 5 gal of tap water	Find 1 flashlight or headlamp/person	Print or write out a simple household emergency plan	Set aside TP, wipes, & feminine hygiene products
2	Begin building a 3-day shelf-stable food stash	Check your battery supply—buy extras	Set aside 3 days meds, vitamins, & hygiene items	Pack basic personal care items
3	Add snacks + comfort foods to your stash	Charge a power bank	Make copies of IDs, insurance, and key documents	Set aside soap, hand sanitizer, and washcloths
4	Buy or set aside a manual can opener	Locate an emergency radio	Write down emergency contacts	Add bug spray, fly strips, netting, citronella candles
5	Write down 3 shelf-stable meals and list ingredients	Gather lighters, matches, candles or lanterns	Set aside 3 days of pet food, meds, leash, and supplies.	Gather extra trash bags & a plan for handling waste
6	Take inventory of meal ingredients in the home	Test generator & make sure you have fresh fuel	Pull out some emergency cash (small bills)	Set aside paper plates, utensils, and paper towels
7	Purchase needed ingredients for shelf-stable meals	Alternative cooking method & fuel	Pack a small bag w/ clothes, hygiene & personal items	Create a boredom buster box: games, cards, etc
8	Add 1 gallon of water per person to storage	Locate cooling gear, like fans	Where would you go to evacuate? Plan.	Have battery-powered fans or cooling options
9	Have additional water storage containers	Set aside tools, duct tape, tarp, & trash bags	Clear debris in yard & trim loose branches	Add a laundry plan—bucket, plunger, detergent
10	Add shelf-stable baby or pet food if needed.	Label and organize gear in one place)	Check your windows— need plywood, shutters, or tape?	Store everything in labeled bins or boxes
11	Organize your emergency food in one place	Locate water filter, purifier-- how to use	Check your first aid kit—replenish if needed	Locate fire extinguisher and expiration date
12	Make sure you have a way to purify water—	Print or jot down instructions - tricky gear	Label and set aside spare keys in your emergency bin.	Keep a notepad and pen handy

Family Needs Profile

- How many people are in your household? _____
- Any food allergies or special dietary needs _____
- Are there babies, young children, or elderly family members? _____
- Does anyone take medications or need refrigeration? _____
- Do you have pets? What do they need? _____
- Would someone in your home need power for oxygen or medical devices?
→ Do you have a backup power plan (generator, battery, etc.)? _____

📄 Waste Management (No Power/Water)

- **Toilet not flushing?** Use a 5-gallon bucket or line your toilet with a heavy-duty trash bag.
- **Sprinkle kitty litter, sawdust, or baking soda** after each use to reduce smell.
- **Tie off full bags** and store in a lidded bin until pickup resumes.
- **No bucket?** Dig a 6" hole at least 100 ft from water. Bury waste and toilet paper.
- **Keep on hand:** Trash bags, gloves, hand sanitizer, and wipes.

🧊 Fridge & Freezer Tips (Power Outage)

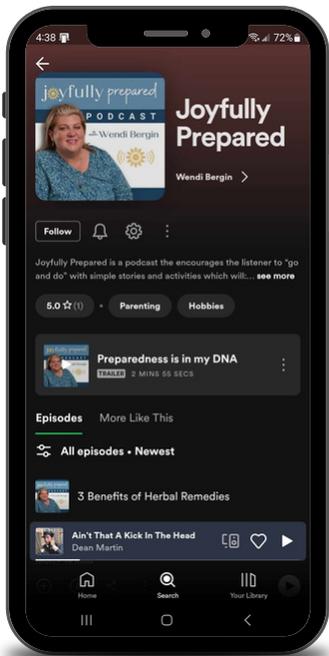
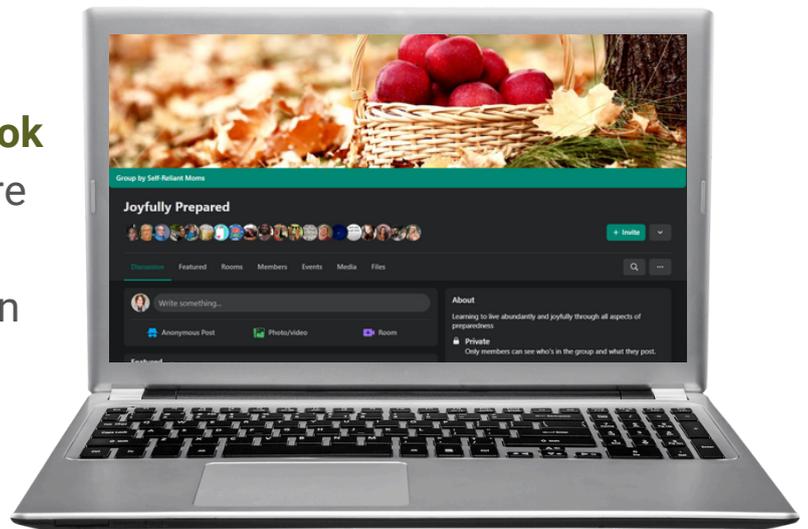
- **Freeze water bottles now**—they keep food cold longer.
- **Don't open the doors** unless you have to.
- **Eat in this order:** fridge first, then freezer, then shelf-stable food.
- **Group frozen items** together so they stay cold longer.
- **Use a thermometer:** fridge < 40°F, freezer < 0°F.
- **Have a cooler & ice packs** ready just in case.

Notes

want to learn more?



I invite you to **join my complimentary Facebook group, Joyfully Prepared**, where we support one another in our efforts to save money and learn ways to become more self-sufficient.



Tune in to my podcast, Joyfully Prepared--a podcast that encourages you to “go and do.” I share stories from my experiences in becoming more self-reliant as I raised seven children on a very limited budget. Come learn and laugh as I recount my mistakes with open honesty and much gratitude!



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