

Emergency Personal Hygiene Kit Checklist

The Hurricane Season is from June 1st to November 30th.

In preparation, you should have some things packed, just in case you need to leave your home unexpectedly. Ideally, this should be done before June 1st, if you haven't already, it's not too late to get it together.

Your kit is just a small portion of your Family Disaster Plan. The aim is to have a kit that covers you for 72 to 96 hours. Here are some of the items you should include:

- Soap and Soap Dish
- Mouthwash
- Toothpaste
- Toothbrush and Holder
- Wipes/Washcloth
- Deodorant
- Cream/Lotion
- Soap Powder
- Disposable Razors
- Cotton Wool
- Feminine Hygiene Products
- Rubbing Alcohol
- Hand Sanitizer
- Masks
- Towel
- Clothing
- Mosquito Repellent
- Comb
- Brush
- Notebook and Pen
- Torch Light
- Batteries
- Small First Aid Kit
- Cup
- Plate
- Cutlery
- Important Documents
- Medication
- Snacks
- Canned Food Items
- Slippers
- Enclosed Shoes

