

# Hurricane Dorian Emergency List

FOOD (3 days per person)

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Protein

Canned meat or other canned protein

Nut/ Seed Butter

Peanut butter, almond butter, sunflower or seed butter

Canned Beans and Lentils

Jerky

Nuts and Seeds

almonds, walnuts, peanuts, pistachios, cashews, sunflower seeds

Fruits and Vegetables

canned or dried fruits and vegetables, and fresh whole apples

Grains

Oats, crackers, rice cakes, single mac n cheese, ramen noodles (no stove prep needed for mac n cheese/ ramen noodles -soak in water for an hour and eat).

Dairy

shelf stable milk (cow, almond, soy, etc.)

Snacks

trail mix, cereal bars, grain bars, etc.

WATER! (water can be collected from the tap and stored in clean bins and tubs)

One gallon per person per day for drinking

## Don't Forget Other Important Items

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First aid kit

Non-prescription medications

Flashlight

Prescription medications/ dentures/ glasses

Pet id/ carrier/ food/ kitty litter/ pet meds + toys

Cooler with ice

A few extra dollars (ATMs may not be working)

Candles and matches/lighter

Personal hygiene items

Battery operated radio

Extra batteries

Formula, diapers/ wipes/ bottles/ baby food

Fuel in vehicle

Emergency phone list (written)

List of emergency routes and shelters

*\*Remember to check on elderly/inbound neighbors and relatives to ensure their safety.*

## NC and Chatham County Storm Contacts

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Red Cross ([www.redcross.org](http://www.redcross.org) or 1-866-GET-INFO). Ready NC ([www.readync.org](http://www.readync.org)).

Chatham County Sherriff's Dept (919-542-2811). CORA via [help@corafoodpantry.org](mailto:help@corafoodpantry.org) or text to 919-397-3896.

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