







# Hurricane Evacuation Checklist

## For Food Allergies

- Epinephrine auto-injectors and carrying cases
- Kiddo's other meds – albuterol, antihistamines
- Extra prescription(s) for medication(s)
- Medical alert gear – bracelet and phone app\*
- Ice chest and ice packs (to keep allergen-friendly food cold)
- Allergen-friendly food (3-day supply)
- Contact info of an allergist near your evacuation destination
- Contact info of a hospital near your evacuation destination
- Evacuation plan (more on this below...)

### What's an evacuation plan?

- An evacuation plan is **your family's predetermined plan** for what you will do when you evacuate. Your plan needs to include where you will go, how you will get there, and what you will take with you.    
- Once you've identified your evacuation destination, identify local stores that sell your kiddo's favorite allergy-friendly foods. Identify a pharmacy too! 
- Part of your predetermined plan includes making sure your meds are not expired. 
- Learn more about comprehensive evacuation planning at **GetAGamePlan.org**

\* I like the EpiCenter-App.com app, which can help you find local hospitals. That being said, **don't rely on having cell service during an emergency**, so have your local destination resources mapped out ahead of time!