

Storm Season Guide

— PREPARED. NOT SCARED —



A Practical Guide for Women Who Want to
Feel Calm, Not Caught Off Guard

WWW.PREPHEREDNESS.COM

Welcome Note from Lora

Hey, I'm really glad you're here.

Storm season has a way of sneaking up on us. One week it's a perfectly normal Tuesday, and the next you're watching the forecast and realizing you have no idea where your flashlight is or whether you have enough food if the power goes out for three days.

I've been there! And I've also spent years studying preparedness, both from my time as an Air Force and just from living through enough weather events to know that a little bit of calm planning ahead of time makes an enormous difference when things actually get messy.

This guide is designed to help you and your family handle a normal weather emergency. I want you to be ready so you don't have to scramble during an emergency.

We're talking power outages, winter storms, tornado warnings, sheltering at home, and the kind of situations that are genuinely likely to happen in your lifetime.

You can do this.

— Lora Founder, PrepHERedness

How to Use This Guide

Think of this as your starting point, not your whole journey.

This guide covers three things:

1. **The Mindset Shift** A quick reframe that makes all of this feel manageable instead of overwhelming.
2. **The Storm Season Checklist** Organized by category so you can work through it at your own pace. You don't have to do everything at once, just make consistent progress.
3. **A Link to Favorite Products** Real items that I love and use for my storm prepping.

A note on how to approach the checklist:

Don't try to do it all in one weekend. Pick one category. Get one category finished, and then come back for the next one. Small consistent steps are what actually get you prepared.

And the tough love part...a giant haul from Amazon that sits in boxes in your garage doesn't count (ask me how I know!)

Let's get started!

The Mindset Shift

Preparedness is just insurance. I'm guessing you already believe in insurance.

You probably have car insurance. You have homeowner's insurance. You have health insurance. You pay for all of it every month and you hope you never actually need it!

Preparedness is the same idea. You're not prepping because you think something terrible is definitely going to happen. You're prepping because life is unpredictable and you'd rather be the person who handles disruptions calmly than the one digging through cabinets in the dark wondering if the flashlight batteries still work.

The women I work with are busy, practical, caring women who want their families safe.

They want a plan they can actually follow. They want to feel calm when the forecast looks bad, not anxious!

The goal for storm season specifically:

Can you shelter comfortably at home for 72 hours with no power, no grocery store access, and potentially no reliable cell service?

I want you to be able to answer YES to this question!

Storm Season Checklist

Your Storm Season Readiness Checklist

Work through one category at a time. Check off things as you go.

WATER

- At least two to three gallons of water per person stored for 3 days minimum (average American uses 100 gallons a day!)
- Make sure to include Pet water in your calculations
- Water stored in a cool, dark location (start with bottled water!)
- You know where your water shut-off valve is just in case
- A filled bathtub or WaterBOB considered for longer outages

Don't forget you have drinkable water in your hot water heater!
If you have a way to get it out

FOOD

- Keep at least 3 days of non-perishable food on hand
- Manual can opener in an accessible spot
- Foods that don't require cooking or only need water
- Comfort snacks, chocolate, and coffee included (at least that's what I store!)
- Baby food, formula, or special dietary needs covered
- Pet food stocked for at least 3 days
- Know what's in your pantry and when it expires

Only store food your family likes and already eats!

Storm Season Checklist

POWER AND LIGHT

Power outages are the most common storm disruption. This category matters a lot.

- Flashlights with fresh batteries in at least 2 rooms
- Extra batteries in the correct sizes
- Headlamps (hands-free light is underrated)
- Lanterns for room lighting or storm shelter
- Portable power station charged and ready
- Backup battery banks for phones (solar are a bonus)
- Know how to manually open your garage door
- One way to cook food without power (grill, camp stove, etc)

Being stuck at home without power is much more manageable when you've thought ahead.

SHELTER AND COMFORT

- Mr. Heater Buddy portable propane heater for warmth
- Extra propane canisters stored properly
- Warm blankets and layering clothes accessible
- Sleeping bags rated for cooler temps if needed
- You know your safest interior room for tornado shelter
- Mattress or heavy cushions available to shelter in place
- Board games, cards, books for family during extended outages

Storm Season Checklist

SANITATION

This one doesn't get talked about enough. If water service is disrupted, you need a plan!

- Toilet bucket (5-gallon bucket with a snap-on toilet seat lid)
- Double Doodie bags or similar waste bags for the bucket
- Hand sanitizer and wet wipes stocked
- Garbage bags in multiple sizes
- Basic hygiene supplies for at least one week
- Feminine hygiene products stocked
- Baby wipes (useful for everyone, not just babies)

MEDICAL AND FIRST AID

- First aid kit that's fully stocked and not expired
- Prescription medications with at least a 2-week buffer
- Over-the-counter basics: pain reliever, antacid, allergy meds, cold medicine
- Any medical equipment that has power needs a backup power plan (CPAP, Oxygen, etc.)
- First aid manual or printed reference guide
- TRAINING! Don't forget to get basic first aid training

Storm Season Checklist

COMMUNICATION AND DOCUMENTS

- NOAA weather radio or a battery-powered radio
- A written emergency contact list (not just in your phone)
- Family meeting point and out-of-area contact established
- Copies of important documents in a waterproof bag or binder
- Cash on hand in small bills
- Neighbors you can check on and who will check on you

Build an Emergency Binder & keep a digital copy!

VEHICLE AND EVACUATION BASICS

- Keep Gas tank at least half full during storm season
- Prep a Go-bag or Get Out Now Bin with 72-hour basics ready to grab and leave the house if needed
- Keep important documents and medications easy to grab
- Pet carriers and pet supplies ready to go
- Know at least two evacuation routes from your neighborhood

Pre-Storm Checklist

When you see the forecast turn serious, here's what to do:

The night before or morning of:

- Fill your bathtub with water - bonus points for a Water BOB
- Charge all devices fully, including backup battery banks and your Jackery or other power device
- Move patio furniture and loose outdoor items inside or secured
- Fill your car with gas
- Pull out your flashlights and lanterns and confirm they work
- Move your emergency supplies to one accessible location
- Let someone outside your immediate area know your plan
- Get your Emergency Binder in your secure location
- Check on neighbors or family members nearby

IF tornado warnings are issued:

- Go to your lowest interior room, away from windows
- Bring your phone, shoes, and a flashlight
- A helmet is not a bad idea if you have one accessible
- Stay there until the warning expires, not just until it sounds quiet

IF you lose power:

- Keep your refrigerator closed as much as possible (food stays safe about 4 hours)
- Freezer food stays safe for 24 to 48 hours if you keep it shut
- Use your Jackery or battery bank to keep phones charged
- Check on your neighbors

Emergency Contact List

Write these down. Don't rely on your phone.

Alternate location if evacuating:

Family Members

Name: _____
Relationship: _____ Cell: _____
Email: _____

Name: _____
Relationship: _____ Cell: _____
Email: _____

Name: _____
Relationship: _____ Cell: _____
Email: _____

Name: _____
Relationship: _____ Cell: _____
Email: _____

Name: _____
Relationship: _____ Cell: _____
Email: _____

★ **Out-of-Town Contact** When a local emergency happens, local lines get jammed. Pick one person who lives outside your area. Everyone in your household should know to call or text this person to check in.

Out-of-Town Contact Name: _____
Their city and state: _____
Cell: _____
Email: _____
Their relationship to you: _____

Neighbors I Can Count On

Name: _____ Address: _____
Cell: _____

Name: _____ Address: _____
Cell: _____

Emergency Contact List

Key Numbers

Local non-emergency police:

Local fire department (non-emergency):

Nearest hospital:

Family doctor:

Pediatrician:

Pharmacy:

Poison Control: _____ (national: 1-800-222-1222)

Roadside assistance (AAA or other): _____

Utility company (gas):

Utility company (electric):

Power outage report line:

Water utility:

My Safe Spot

The goal is an interior room on the lowest floor of your home, away from windows. A bathroom, closet, or hallway works well. Below a staircase is solid. A basement is ideal if you have one.

My safe spot is:

Quick Decision Guide:

Where Should My Safe Spot Be?

- Do you have a basement? That's your answer. Go there.
 - No basement? Go to the lowest floor, most interior room.
 - Avoid: windows, garages, exterior walls, and large open rooms.
 - Mobile home? Get out and go to a nearby sturdy building. Mobile homes are not safe in tornadoes regardless of whether they are tied down.
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What We Keep There

Put a few things in or near your safe spot so you're not running around gathering items when a warning sounds.

- Water
- Food
- Emergency Bathroom Option
- Shoes (you want shoes on in a storm)
- Phone charger or battery bank
- Helmets if you have them (bike helmets count)
- Blanket or sleeping bag
- Pet carrier or leash within reach
- Airhorn or Whistle to alert emergency personnel
- Fire extinguisher
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My Safe Spot

Our Household Plan

When a tornado warning is issued, we go to:

The person responsible for grabbing the pets is:

The person responsible for waking kids or others is:

We will communicate by:

If we are separated when a warning sounds, we will:

A Note on Timing

A tornado warning means a tornado has been spotted or indicated by radar. That's your cue to move immediately, not finish your show, not grab your coffee. Practice the walk to your safe spot once so your body knows where to go. It sounds small. It isn't.

EMERGENCY BINDER *checklist*

Personal Documents

- Wills
- Birth Certificates
- Social Security Card
- Passport
- Drivers License
- Medical Records
- Prescriptions for Medications
- Marriage Certificates
- Divorce paperwork
- Child Custody Papers
- Diplomas
- School Transcripts
- Military Documents
- Weapon Permits
- Copies of Credit/Debt cards
- Deed to House/Rental Agreement
- Any other Legal Documents
- Bank Account info
- Other Relevant Info

Vehicle Documents

- Title/Ownership Papers
- Insurance Documents
- Registration

Misc

- Vet records
- Firearm Serial Numbers
- Valuable Jewelry Documentation
- Antique or Family Heirloom Documents
- Household Inventory
- Certifications/Documents for Employers

Emergency Contact Info For:

- Friend & Family Members
- Health Care Providers
- Insurance Providers
- Attorney/CPA
- Utility Providers
- Banks & Financial Institutions

Family Specific Items:

-
-
-
-
-
-

Favorite Products



STORM SHELTER MUST HAVES

CLICK HERE →

Your Next Step

You don't have to do everything this weekend.

But here's what I want you to do today.

Pick one category from the checklist. Just one and get started!

Maybe it's water because you realized you have nothing stored.

Maybe it's sanitation because that one caught you off guard (because who sits around and worries about bathroom facilities?!?).

Maybe it's power because you want to be able to keep your cellphone charged and the lanterns on.

Pick one. Work on it. Then come back for the next one.

That's how real progress works.

NEVER Just steady, calm, intentional steps that add up over time to you being genuinely ready.

Here's what you've already done by working through this guide:

You identified your safe spot. You wrote down your emergency contacts including that out-of-town person most people never think about. You started building your emergency binder list. You know what a 72-hour goal actually looks like. That is real progress, and it matters. (and if you haven't quite finished...just keep going!)

GO CELEBRATE!

Lora

