



Hurricane Prep Checklist for Cancer Patients

Stay safe and protect your care by preparing early. Use this checklist to get ready before a storm hits.

Medical Essentials

2-week supply of all medications (including chemotherapy pills, pain meds, anti-nausea meds, etc.)

Printed list of medications, dosages, and allergies

Printed summary of diagnosis and treatment plan

Contact info for your oncology treatment center

Copies of insurance cards and medical records

Medical alert bracelet (if applicable)

Medical equipment (infusion pumps, oxygen, catheters, etc.)

Cooler with ice packs (for refrigerated meds, if needed)

Backup batteries or power source for medical equipment

Face masks, hand sanitizer, gloves

Appointments & Care Planning

Call your oncology team to review your emergency treatment plan

Know the location of backup treatment centers or hospitals

Update your patient portal contact info for storm updates

Keep a list of nearby pharmacies and their phone numbers





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Evacuation Readiness

Pack your go-bag with all medical items and daily essentials

Identify your evacuation zone and shelter location

Notify your care team of your evacuation plans or new location

Charge all devices and portable chargers

Arrange for transportation if needed

Emotional & Mental Wellbeing

Stay connected to support groups or a counselor (virtual options if needed)

Practice self-care routines (rest, hydration, mindfulness)

Talk to your care team if you're feeling anxious or overwhelmed

After the Storm

Check in with your care team as soon as it's safe

Reschedule any missed treatments or lab work

Monitor for signs of infection or symptoms that may need attention

We're here for you. If you have questions about your medications, treatment, or hurricane prep, call our office. Your safety and continuity of care are our priority.