CRISIS READY MEDIA
SAFER JOURNALISTS. STRONGER STORIES.

WEATHER AND DISASTER INFOSHEET

Natural disaster assignment packing list

Pack to be self-sufficient for at least three days. Power, fuel, clean water, cell service and card readers may all be gone when you arrive. Do not rely on a community that is recovering from a disaster.

1 Protective gear

- [ ] Helmet
- [ ] Eye protection or goggles
- [ ] Respirator
- [ ] High-visibility vest
- [ ] Sturdy waterproof boots
- [ ] Waterproof gloves and work gloves

2 Clothing

- [ ] Foul-weather jacket and pants
- [ ] Light-colored, breathable layers
- [ ] Brimmed hat and sunglasses
- [ ] Spare dry clothes and socks, sealed in a dry bag

3 First aid

- [ ] Individual first aid kit, on your body
- [ ] Team first aid kit in the vehicle

4 Water and food

- [ ] Three days of drinking water, minimum
- [ ] Three days of sealed or packaged food
- [ ] Water filter and purification tablets
- [ ] Compact stove to boil water
- [ ] Clean water containers
- [ ] Oral rehydration salts

5 Health and hygiene

- [ ] Personal medication
- [ ] Tetanus shot current before you go
- [ ] Soap, hand sanitizer and wipes
- [ ] Disinfectant wipes for cameras, microphones and phones
- [ ] Insect repellent and netting
- [ ] Waterproof dressings to cover any open wound
- [ ] Waste bags

6 Documents and cash

- [ ] Press credentials and photo ID
- [ ] Cash for hotels, fuel and meals. ATMs and card readers may fail
- [ ] Insurance details and emergency contacts
- [ ] Copies in a waterproof pouch and in cloud storage

7 Navigation and communications

- [ ] Paper maps and a compass
- [ ] Offline maps downloaded to your phone
- [ ] Satellite phone or satellite messenger
- [ ] Two-way radios for the team
- [ ] Written contact list and check-in plan
- [ ] Rally points agreed if all communication fails

8 Power and equipment

- [ ] Power banks and spare batteries
- [ ] Car inverter or small generator
- [ ] Waterproof cases and dry bags for electronics
- [ ] Backup media storage
- [ ] Flashlight or headlamp

9 Vehicle

- [ ] Reliable, insured vehicle with ground clearance
- [ ] Full tank before landfall
- [ ] Extra fuel in approved containers
- [ ] Tire repair kit
- [ ] Tow straps
- [ ] Jumper cables

! Know the limits

- [ ] Run a generator outdoors only. Carbon monoxide kills
- [ ] Store fuel away from where you sleep
- [ ] Never drive into floodwater. Two feet of moving water can carry off a truck
- [ ] Carry only gear you have trained to use

ADD FOR HURRICANES AND FLOODS

- [ ] Coast Guard-approved life preserver
- [ ] Pole or stick to test the ground under standing water
- [ ] Hip waders, used with caution
- [ ] Extra disinfectant and dry bags

Waders that fill with water after a fall become heavy and can drag you down.

ADD FOR EXTREME HEAT

- [ ] Extra water, beyond the three-day minimum
- [ ] Cooling towels
- [ ] Portable fan
- [ ] Spray bottle filled with water

Sip water steadily all day. Do not wait until you are thirsty.

Test every item before you leave. A kit you packed but never opened is a guess, not a plan.

This packing list is general guidance drawn from the Crisis Ready Media HEFAT curriculum and Crisis Ready Reports on hurricanes, floods, extreme heat, and clean water and food. It does not replace training or a risk assessment for your assignment. Adjust it to the hazard, the location and your level of training. November 2026.

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