

What to Stock, What to Secure, and When: Your Caribbean Storm Checklist

A week out, 72 hours, 24 hours, during, and after.

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October 8, 2026

A storm is coming. Don't panic — work the list. Do a little each day and you'll be ready before the wind picks up.

A week out

Get ahead of the crowd

- Check your supplies. Look at what you already have before you shop.
- Buy water: one gallon per person per day, for at least three days. A family of four needs 12 gallons.
- Stock food that needs no cooking and no fridge: crackers, canned tuna, peanut butter, cereal, dried fruit.
- Fill any prescriptions. Get a two-week supply of daily medicine if you can.
- Check your flashlights and buy batteries. One flashlight per person.
- Fill your car with gas. If a storm is near, stations run out fast.
- Know where your important papers are: IDs, insurance papers, house papers. Put copies in a sealed plastic bag.

72 hours out

Secure the house

- Bring inside anything the wind can throw: patio chairs, plants, trash cans, toys, grills.
- Trim dead branches near the house if you still have time.
- Check your shutters or buy plywood now. Measure windows ahead of time so you are not guessing in the store.

- Charge everything: phones, power banks, laptops, rechargeable lights.
- Do your laundry and run the dishwasher. You may not have power or water for days.
- Get cash. If the power is out, card machines do not work.
- Talk to your family: where will everyone go if you must leave? Pick a meeting spot.

24 hours out

Lock it down

- Put up shutters or board the windows.
- Turn your fridge and freezer to the coldest setting. Freeze bottles of water — they keep food cold longer if the power dies.
- Fill bathtubs and big pots with water for washing and flushing.
- Unplug electronics you are not using. A power surge can fry them.
- Bring pets inside. Make sure they have food and water too.
- Stay off the roads. Most storm injuries happen to people driving through water.

During the storm

Stay put

- Stay inside, away from windows. An inside room with no windows is safest.
- Do not go outside when it gets calm in the middle. That is the eye — the wind comes back from the other side.
- Use flashlights, not candles. One knocked candle can burn a house down.
- Keep your phone charged and save battery. Text instead of calling.
- Listen to official updates on the radio or your phone.

After the storm

Go slow

- Wait for the all-clear before going outside. Watch for downed power lines — treat every wire as live.
- Do not walk or drive through flood water. Six inches of moving water can knock you down.
- Throw out food that got warm. When in doubt, throw it out.
- Take photos of any damage before you clean up. Your insurance needs them.
- Check on neighbors, especially older folks living alone.
- Boil water if officials tell you to.

Print this list and stick it on the fridge at the start of every storm season. Future you will be glad you did.

Published by LocalAxys Editorial Team.

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<https://golocaltt.com/business-resources/generator-buying-guide-caribbean>

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