

Will you be ready in an emergency?

When dangerous situations arise, it's important to be able to act quickly. Having an emergency kit can help reduce the stress of making important decisions in urgent situations.

Choose a bin, backpack or a rolling suitcase, fill them with enough supplies for at least 72 hours and store them in a place where you can quickly grab them.

Here's what to pack

Food and water

- o Water (4L per person per day)
- o Non-perishable food such as protein/granola bars
- o Trail mix/dried fruit
- o Crackers and cereals
- o Canned meat, fish and beans
- o Canned/boxed juice

Clothing and Bedding

- o Change(s) of clothing appropriate for the season
- o Extra undergarments and socks
- o Raincoat, poncho, jacket
- o Spare shoes
- o Sleeping bag, blanket or emergency heat blanket

Light and Fuel

- o Battery-powered or crank flashlights/lamps
- o Candles with candleholder
- o Lighter
- o Waterproof matches

Equipment

- o Manual can opener
- o Dishes and utensils
- o Battery-powered or crank radio
- o Extra batteries
- o Pen and paper
- o Pocket knife
- o Duct tape
- o Whistle
- o Cell phone and charger with spare batteries
- o Basic tools and work gloves

Personal Supplies and Medication

- o First-aid kit
- o Toiletries (toilet paper, personal and feminine hygiene, toothbrush and paste)
- o Cleaning supplies (hand sanitizer, dish soap, dishtowel etc.)
- o Medication (acetaminophen, ibuprofen, medications)
- o Copies of prescriptions
- o Back-up pair of prescription glasses
- o Pet food and supplies
- o Garbage, recycle and sealable clear plastic bags

Documents and identification

- o Personal identification
- o Copies of birth and marriage certificate, will, passports, citizenship papers
- o Insurance policies
- o Money (small bills and change)
- o Credit card information
- o Copy of your emergency plan
- o Contact list
- o Personal items, if time allows (photos, computers, hard drive, heirlooms etc.)

Distraction and comfort items

- o Small toys and stuffed animals
- o Playing cards and games
- o Reading material
- o Activity books and crossword puzzles
- o Colouring books and markers
- o Charging cords for electronic devices
- o Notebook and pen
- o Family photos

When you build your kit, consider:

- o Pregnant or breastfeeding women
- o Infants and small children
- o Mobility issues
- o Severe allergies
- o Chronic medical conditions

* Not sure what to pack? Ask a health professional.

