EMERGENCY PREPAREDNESS
KIT CHECKLIST

BE PREPARED TO BE SELF-SUFFICIENT FOR AT LEAST 72 HOURS AFTER AN EMERGENCY.

This video from the Government of Canada website summarizes what a kit should minimally contain:

**PERSONAL GRAB-BAG**

**HAVE A SMALL BAG READY IN CASE OF EVACUATION**
(Recommended: Each member to have their own Personal Grab-Bag. The Basic Kit has a double objective: confinement and evacuation)

**FAMILY DOCUMENTS (copies):**
- Birth and marriage certificates
- Drivers licenses and passports
- Insurance policies and contacts
- Photos of your home inside and outside (suggestion: could be kept in email, iCloud or USB key)
- Family pictures
- Copy of Emergency Plan and Contact Information

**PERSONAL ITEMS:**
- Sanitation and personal hygiene items – towels, soap, toiletries
- Change of clothes and sturdy footwear
- Prescription and non-prescription medications and copy of prescriptions
- Extra keys for the house and car
- Cell phone with extra home and car charger
- Cash in small bills and change

**BASIC KIT**

**SUGGESTED CONTENTS FOR A 72 HOUR EMERGENCY KIT**

**FOOD AND WATER – FOR 3 DAYS:**
- Four litres of water per person per day (two litres of individual water bottles for drinking and two litres for hygiene and sanitation)
- Non-perishable food items with individual portions (canned/dried), energy bars
- Manual can-opener
- Primus/gas barbeque to cook on (note: not to use inside the house)

CHECK AND REPLACE FOOD/WATER EVERY 12 MONTHS

**OTHER EMERGENCY ITEMS:**
- Waterproof crank flashlights and extra batteries
- Wind-up or battery-powered AM/FM radio
- First aid kit and essential medicines
- Toilet paper, garbage bags, duct tape
- Face and dust masks
- Blankets / sleeping bags
- Weather-resilient clothing and shoes
- Pet supplies (if any)
- Scissors, pocket knife
- Whistle (to attract attention)
- Battery pack / power bank

**ADAPTING TO COVID-19**
- Face masks / cloth face coverings
- Hand sanitizer
- Gloves
- Disinfectant wipes
- Non-contact thermometer

**SUPPLIES FOR BABIES/CHILDREN:**
- Food/formula drink
- Change of clothing and nappies
- Toys and activities

**OTHER SUPPLIES:**
- Hearing and sight aids; batteries
- Mobility aids
- Asthma and respiratory aids
- Special food needs
- Paper cups, plates, paper towels, plastic utensils
- Water purifying tablets
- Candle, matches/lighter

**Kits can also be purchased from:**
Canadian Red Cross:  https://products.redcross.ca/category/226/emergency-preparedness-kits