



# EMERGENCY KIT CHECKLIST

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

Our Kit was created on:

This video from the Government of Canada website summarizes what a Kit should minimally contain: <https://www.getprepared.gc.ca/cnt/rsrscs/vds/bld-kt/index-en.aspx>

## PERSONAL GO-BAG

Have a small bag ready in case of evacuation.

(Recommended: Each member to have their own Personal Go-Bag. The Emergency Kit has a double objective: confinement and evacuation).

### Family Documents (copies):

- Birth and marriage certificates
- Drivers licenses
- Passports, permanent resident cards, status cards
- Health insurance cards
- 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

(Consider saving the above documents electronically.)

### 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
- Medical history
- Extra keys for the house and car
- Cell phone with extra home and car charger
- Cash in small bills and change
- Face coverings
- Hand sanitizer
- Disinfectant Wipes

## EMERGENCY 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)

- Calorie-dense, non-perishable food items with individual portions (canned/dried), energy bars (check expiry dates)
- 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, pocketknife
- Whistle (to attract attention)
- Battery pack/power bank

### Supplies for Babies/Children:

- Food/formula drink
- Change of clothing and diapers
- Toys, books, 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
- Easily portable religious/ceremonial items
- Local/paper maps

## BUY YOUR KIT TODAY!



Reducing suffering and saving lives