



GET AN EMERGENCY KIT

In an emergency, you will need some basic supplies. You may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours.

You may have some of the items already, such as food, water and a battery-operated or crank flashlight. The key is to make sure they are organized and easy to find. Would you be able to find your flashlight in the dark?

Make sure your kit is easy to carry and everyone in the household knows where it is. Keep it in a backpack, duffle bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front-hall closet. If you have many people in your household, your emergency kit could get heavy. It's a good idea to separate some of these supplies in backpacks. That way, your kit will be more portable and each person can personalize his or her own grab-and-go emergency kit.

Basic emergency kit

- △ Water – at least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
- △ Food that won't spoil, such as canned food, energy bars and dried foods (replace food and water once a year)
- △ Manual can-opener
- △ Crank or battery-powered flashlight (and extra batteries). Replace batteries once a year

TIP

Keep a corded phone in your home, as most cordless phones will not work during a power outage.

- △ Crank, battery-powered radio (and extra batteries) or a Weatheradio
- △ First aid kit
- △ Extra keys to your car and house
- △ Some cash in smaller bills, such as \$10 bills and change for payphones
- △ A copy of your emergency plan and contact information

- △ If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal (personalize according to your needs)

Recommended additional items

- △ Two additional litres of water per person per day for cooking and cleaning
- △ Candles and matches or lighter (place candles in deep, sturdy containers and do not burn unattended)
- △ Change of clothing and footwear for each household member
- △ Sleeping bag or warm blanket for each household member
- △ Toiletries
- △ Hand sanitizer
- △ Utensils
- △ Garbage bags
- △ Toilet paper
- △ Household chlorine bleach or water purifying tablets
- △ Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife)
- △ A whistle (in case you need to attract attention)
- △ Duct tape (to tape up windows, doors, air vents, etc.)

TIPS

When in doubt, do not drink water you suspect may be contaminated. Check with your municipality or local authorities for details.

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Keep some cash on hand, as automated bank machines and their networks may not work during an emergency. You may have difficulty using debit or credit cards.

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Pre-packaged kits

Canadian Red Cross kits can be purchased at www.shop.redcross.ca. Various kits and supplies are also available for sale from other commercial entities.

Emergency vehicle kit

Prepare a small kit and keep it in your vehicle.

The basic kit should include:

- △ Blanket
- △ Candle in a deep can and matches
- △ Extra clothing and shoes
- △ First aid kit with seatbelt cutter
- △ Flashlight (crank or battery-powered). Replace batteries once a year.
- △ Food that won't spoil (such as energy bars)
- △ List of contact numbers
- △ Radio (crank or battery-powered). Replace batteries once a year.
- △ Small shovel, scraper and snowbrush
- △ Warning light or road flares
- △ Water
- △ Whistle

Recommended additional items to keep in your vehicle

- △ Antifreeze, windshield washer fluid
- △ Fire extinguisher
- △ Road maps
- △ Sand, salt or cat litter (non-clumping)
- △ Tow rope and jumper cables

EMERGENCY KIT BASIC ITEMS



- 1 Water – at least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
- 2 Food that won't spoil, such as canned food, energy bars and dried foods (replace food and water once a year)
- 3 Manual can-opener
- 4 Crank or battery-powered flashlight (and extra batteries)
- 5 Crank or battery-powered radio (and extra batteries)
- 6 First aid kit
- 7 Extra keys to your car and house
- 8 Some cash in smaller bills, such as \$10 bills and change for payphones
- 9 A copy of your emergency plan and contact information
- 10 If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal (personalize according to your needs).

RESOURCES

To learn more about emergency preparedness, visit www.GetPrepared.ca or on your mobile device at m.GetPrepared.ca

To order additional copies of this publication, call:
1 800 O-Canada (1-800-622-6232)
TTY: 1-800-926-9105

Environment Canada Weather Office

www.weatheroffice.gc.ca

1-900-565-4455; a \$2.99 per-minute charge applies

Check the blue pages in your local phonebook under Weather for weather reports and forecasting available by phone.

Canadian Red Cross

www.redcross.ca

613-740-1900 or check for your local branch phone number.

St. John Ambulance

www.sja.ca

613-236-7461 or check for your local branch phone number.

Toll-free: 1-888-840-5646

Salvation Army

www.SalvationArmy.ca

416-425-2111 or check for your local branch phone number.