

emergency preparedness checklist

You may have some of these basic emergency kit items already, such as a flashlight, battery-operated radio, food, water and blankets. The key is to make sure they are organized, easy to find and easy to carry (in a suitcase with wheels or in a plastic container) in case you need to evacuate your home.

Whatever you do, don't wait for a disaster to happen.

basic emergency kit items

- Easy to carry** - think of ways that you can pack your emergency kit so that you and those on your emergency plan can easily take the items with you, if necessary
- Water** - 2 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 (remember to replace the food and water once a year)
- Manual can opener
- Flashlight and batteries
- Battery-powered or wind-up radio
- Extra batteries
- First aid kit
- Special needs items** - prescription medications, infant formula or equipment for people with disabilities
- Emergency plan** - Include a copy of it and ensure it contains in-town and out-of-town contact information

Check off the items for your 72-hour emergency kit as you accumulate them.

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additional emergency check list continued on other side →

The basic emergency kit will help you get through the first 72 hours of an emergency. In addition to this kit, we recommend you also have the following additional emergency supplies. Then you will be well equipped for even the worst emergency situations.

additional emergency supplies

- Two additional litres of water per person per day** - For cooking and cleaning
- Candles and matches or lighter** - place in 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
- Toilet paper
- Utensils
- Garbage bags
- Household chlorine bleach or water purifying tablets
- Basic tools** - hammer, pliers, wrench, screwdrivers, work gloves, pocket knife
- Small fuel-operated stove and fuel
- Whistle** - to attract attention
- Duct tape

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