



Our kit was created on: _____

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:

<https://www.getprepared.gc.ca/cnt/rsrscs/vds/prprng-kt-en.aspx>

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, hand sanitizer
- 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 for drinking and two litres for hygiene and sanitation)
- Non-perishable food items (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

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>

Total Prepare: https://totalprepare.ca/shop/72-hour-emergency-survival-kits-2/72-hour-kits-essential_premium-72-hour-kits/

Walmart: <https://www.walmart.ca/en/ip/in-case-of-2-person-72-hour-emergency-survival-kit/6000190630929>

Amazon:

https://www.amazon.ca/72-Hour-Emergency-Survival-Kit/dp/B00F3TDSKW/ref=sr_1_1_sspa?ie=UTF8&qid=1534435599&s-r=8-1-spons&keywords=emergency+kit&psc=1