



Emergency Supplies Kit Check List

Emergencies and disasters can happen at any time. This could mean that utilities are out, roads are closed and we can't get the crucial supplies we need.

Everyone should be prepared to take care of themselves and their families for up to three days in the event of an emergency or disaster.

Listed below are recommended guidelines to help you gather the items you should have on hand and keep stored in a place everyone in your family knows about.

Special Needs

- Babies / Toddlers – diapers, bottled milk, formula, food, toys, crayons and paper.
- Seniors / Disabled Persons – keep at least a week's supply of medication on hand and include extra eyeglasses, spare batteries for medical appliances and an extra oxygen cylinder if needed. Include copies of prescriptions for your medicine and glasses.
- Pets – include a three-day supply of food and water.

Water

- At least four litres per person per day should be allocated – two for drinking and two for food preparation, hygiene and dishwashing. Keep a supply of water purification tablets on hand as well

Food

- Choose ready to eat foods that your family likes and does not need refrigeration. Canned food such as soups, stews, baked beans, pasta, meat, poultry, fish vegetables, fruits. Crackers and biscuits. Honey, peanut butter, jam. Instant coffee, tea, powder milk.

Emergency Numbers Contact List

Home Address:		Home Telephone:			
Local Contact		Nearest Relative		Out of Area Contact	
Name:		Name:		Name:	
Address:		Address:		Address:	
Telephone:		Telephone:		Telephone:	
Family Work and Cell #'s			Children's School / Day Care Provider		
Name:	Work:	Cell:	Name of Child:	School #	
Emergency Services					
Fire:	Ambulance:	Police:	Physician:		

Emergency Supplies Kits

Ready to Go

Keep these items packed in a backpack or duffel bag (and store your medications nearby):

- Bottled Water.
- Water Purification tablets.
- Food – non perishable snacks like granola bars.
- Cash – in case ATM's are not working.
- Special needs items (eyeglasses, baby food, diapers, toys, soothers, etc.)
- Medications. List all medications or take copies of prescription slips.
- Sleeping bags or emergency "survival" (foil) blankets.
- Rain gear (plastic poncho).
- Manual can opener.
- Plastic /paper plates, cups, utensils.
- Flashlight with extra batteries, light sticks.
- Waterproof matches, lighter, candles.
- Pocket knife or multi-tool.
- Battery or crank operated radio; extra batteries.
- Change of clothes, comfortable shoes.
- Regional Map.
- Extra keys – house keys and car keys in your go bag.
- Contact information.
- First Aid kit.
- Moist Towelettes, toilet paper, plastic garbage bags.
- Personal ID, passports, birth certificates, licences.
- Copies of essential documents, insurance policies, banking information, credit and debit cards, etc.
- Personal hygiene items; towel and face cloth, hand sanitizer, toothbrushes and paste, sunscreen, etc.
- Pet food and supplies (3 days or more)
- Toilet Paper
- Whistle

Ready to Stay

To prepare for loss of electricity, heat, or running water, store these in a plastic tub or a special cabinet in the garage.

- Water – enough for three days.
- Water Purification tablets.
- Food – enough for three days.
- Cash – in case ATM's are not working.
- A telephone that does not require electricity.
- Battery operated smoke alarms.
- Manual can opener, bottle opener
- Disposable cups and plates
- Alternate cooking devices. Do not use indoors.
- Do not use BBQ's indoors.
- Blankets.
- Books and games to keep busy.
- Paper and pencils.
- Flashlight and extra batteries.
- Waterproof matches, lighter, candles.
- Battery operated or crank radio; extra batteries.
- First Aid Kit
- Moist Towelettes.
- Personal hygiene items, soap, hand sanitizer.
- Pet food and supplies (three days).
- Plastic Sheeting. This can be used to seal all doors and windows and ventilations systems as may be required in certain emergencies.
- Duct tape.
- Whistle