

GRAB-AND-GO KIT – Ready to grab in case you need to evacuate

- Flashlight and batteries (in case the lights go out)
- Radio and batteries, or crank radio (so you can listen to news bulletins and public advisories)
- First aid kit
- Candles and matches/lighter
- Extra car keys and cash (including coins and phonecards)
- Important papers (identification for everyone, personal documents like insurance papers)
- Food (requiring no cooking) and bottled water
- Extra clothing and footwear for all seasons (one change of clothes per person)
- Blankets or sleeping bags (one blanket or sleeping bag per person)
- Toilet paper and other personal and hygiene supplies
- Medication
- Backpack/tote bag or something else for carrying the Grab-and-Go Kit (in case you have to evacuate)
- Whistle (in case you need to attract someone's attention)
- Playing cards, games

SPECIAL NEEDS

Babies/Toddlers:

- Diapers, formula, bottled milk, toys, crayons and paper

Other Family Members:

- Prescription medication, extra eyeglasses and/or contact case and solution
(check with your doctor about storing of medication and include copies of prescriptions)

EMERGENCY HOME FOOD & WATER – In case you are required to stay at home and be self-sufficient for an extended period of time, have at least a three-day supply of food and water on hand. Choose ready-to-eat foods that your family likes and food that doesn't need refrigeration.

Water:

- At least four litres per person, per day – two for drinking

Food: (check expiry dates regularly and replace as necessary)

- Canned food: soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits
- Crackers and biscuits
- Honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee, tea

Food Preparation Equipment:

- Knives, forks, spoons
- Disposable cups and plates
- Manual can opener, bottle opener

EMERGENCY CAR KIT – In case your car breaks down

- Shovel
- Sand, salt or kitty litter
- Traction mats
- Tow chain
- Compass
- Cloth or roll of paper towels
- Warning light or road flares
- Extra clothing or footwear
- Emergency food pack
- Axe or hatchet
- Booster cables
- Ice scraper and brush
- Road maps
- Matches and a “survival” candle in a deep can
(to warm hands, heat a drink or use as an emergency light)
- Fire extinguisher
- Methyl hydrate (for fuel line and windshield de-icing)
- Flashlight and batteries
- First aid kit with seat belt cutter
- Blanket (special “survival” blankets are best)

EMERGENCY OFFICE KIT – If a disaster happens while you are at work

- Comfortable walking shoes and a Grab-and-Go Kit

EMERGENCY PET KIT – Don't forget about Rex!

- Photo of your pet
- Vet and vaccination records in zip-locked bag
- Up to two weeks worth of food and water (canned food is better because the animals won't need to drink as much water – don't forget a can opener!)
- Non-spill food and water bowls
- Plastic bags for waste disposal
- Pet first aid kit
- Paper towels
- Disinfectants
- Blankets
- Toys and treats

For more information, go to: vancouver.ca/nepp
or contact the Office of Emergency Management at
nepp@vancouver.ca or call **311**