

Grab-and-Go Emergency Kit

IN CASE YOU NEED TO EVACUATE

- Flashlight and batteries (1)
- Battery-operated radio (or crank) to listen to news bulletins and public advisories (2)
- First aid kit (3)
- Candles and matches/lighter
- Extra car keys and cash (including coins or phone-card for telephone) (4)
- Toilet paper and other hygiene supplies (7)
- Emergency blanket (8)
- Medication
- Backpack/tote bag to carry the grab-and-go kit (9)
- Whistle (to attract attention) (10)
- Playing cards/games

Special Needs

- Babies and toddlers: diapers, powdered formula, baby bottle, toys, crayons and paper

Other Family Members

- Important papers (identification for everyone and personal documents like insurance papers)
- Food (requiring no cooking) (5)
- Bottled water (6)
- Extra clothing and footwear for all seasons (one change of clothes per person)
- Prescription medication, extra eyeglasses and/or contact case and solution. *(Check with your doctor about storing of medication and include copies of prescriptions.)* (11)

Each member of your family should have their own kit containing the necessary supplies they will need if evacuated. Keep the grab-and-go kits by your front door so they are easily accessible when evacuating.



Emergency Food & Water Home Kit

IN CASE YOU NEED TO BE SELF-SUFFICIENT

Have at least a three-day supply of food and water on hand. Choose ready-to-eat foods that your family likes and that don't need refrigeration or cooking.

Water

- At least four litres per person per day – two for drinking and two for food preparation, hygiene and dishwashing (1)

Food

- Canned food: soups, stews, baked beans, pasta, meat, poultry, fish, vegetables and fruits (2)
- Crackers and biscuits
- Honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee and tea (3) *(Check expiry dates regularly and replace as necessary)*

Food Preparation Equipment

- Knives, forks and spoons (4)
- Disposable cups and plates (5)
- Manual can opener, bottle opener (6)
- Fuel stove and fuel *(follow manufacturer's instructions and don't use a barbecue indoors)* (7)
- Waterproof matches and plastic garbage bags

Often in an emergency or disaster you will be able to remain in your home but you may not have electricity or heat. By assembling a home kit now, you and your family will have the necessary supplies on hand if an emergency occurs. It's been proven that people who are prepared will better survive emergencies.



Emergency Pet Kit

DON'T FORGET ABOUT REX!

- Photo of your pet
- Vet and vaccination records kept in a zip-locked bag **(1)**
- Up to two weeks worth of medications (if needed), stored in water-tight containers
- Up to two weeks worth of food and water. Wet food is better because the animals won't need to drink as much water. (Don't forget a can opener!) **(2)**
- Non-spill food and water bowls **(3)**
- Plastic bags for waste disposal **(4)**
- Pet first aid kit and disinfectants **(5)**
- Paper towels
- Blankets **(6)**
- Toys and treats
- Leash and muzzle **(7)**
- Kitty litter



Your pets will also require a grab-and-go kit containing the supplies they will need if evacuated.



Emergency Car Kit

IN CASE YOUR CAR BREAKS DOWN

- Shovel **(1)**
- Sand, salt or kitty litter **(2)**
- Traction mats
- Tow chain **(3)**
- Compass
- Cloth or roll of paper towels
- Warning light or road flares **(4)**
- Extra clothing and footwear
- Emergency food pack **(5)**
- Axe or hatchet **(6)**
- Booster cables **(7)**
- Ice scaper and brush **(8)**
- Road maps
- Matches and a "survival" candle in a deep can (to warm hands, heat a drink or use as an emergency light) **(9)**
- Fire extinguisher **(10)**
- Methyl hydrate (for fuel line and windshield de-icing)
- Flashlight **(11)**
- First aid kit with seatbelt cutter **(12)**
- Blanket (special "survival" blankets are best) **(13)**

In case you are in your car when an emergency or disaster happens, you should have the necessary supplies on hand.



Emergency Office Kit

IF DISASTER HAPPENS WHILE YOU ARE AT WORK

- Comfortable walking shoes and a grab-and-go kit

You will also want to keep a grab-and-go kit at your desk should an emergency or disaster happen when you are at work. This kit will contain the basic items you will need to survive.