

Will you be ready in an emergency

When dangerous situations arise, it's important to act quickly. Having an emergency kit can help reduce the stress of making important decisions in urgent situations.

Get ready by building a kit. Choose bins, backpacks or rolling suitcases and fill them with supplies to last several days. Store them in a place where you can grab them quickly and easily.

Here's what to pack

Food and water

- Water (4L per person per day)
- Non-perishable food with high protein
- Trail mix/dried fruit
- Crackers and cereals
- Canned meat, fish and beans
- Canned/boxed juice

Clothing and bedding

- Change(s) of clothing appropriate for the season
- Extra undergarments and socks
- Raincoat, poncho, jacket
- Spare shoes
- Sleeping bag, blanket or emergency heat blanket

Light and fuel

- Battery-powered or crank flashlights/lamps
- Candles with candleholder
- Lighter
- Waterproof matches

Equipment

- Manual can opener
- Dishes and utensils
- Battery-powered or crank radio
- Extra batteries
- Pen and paper
- Pocket knife
- Duct tape
- Whistle
- Cell phone
- Extra charging cables and batteries
- Multi-tool and work gloves

Personal Supplies and Medication

- First-aid kit
- Personal hygiene supplies
- Tissue paper, toilet paper, and paper towels
- Over-the-counter medications and prescription
- Copies of prescriptions
- Back-up pair(s) of prescription glasses
- Pet food and supplies (including toys)
- Liquid detergent and soap
- Plastic wrap, aluminum foil, re-sealable bags
- Garbage and recycle bags
- Hand sanitizer and wipes
- Disposable dust and non-medical masks
- Sunscreen and bug spray

Documents and identification

- Personal identification
- Copies of birth and marriage certificate, will, passports, citizenship papers
- Insurance policies
- Cash (small bills and change)
- Credit card information
- Copy of your emergency plan

- Contact list
- Personal items, if time allows (photos, computers, hard drive, heirlooms, etc.)

Distraction and comfort items

- Small toys and stuffed animals
- Playing cards and games
- Reading material
- Activity books and crossword puzzles
- Colouring books and markers
- Charging cords for electronic devices
- Notebook and pen
- Family photos

When you build your kit, consider additional needs such as:

- Pregnant or breastfeeding
- Infants and small children
- Mobility
- Cultural, religious, spiritual
- Severe allergies or dietary restrictions
- Chronic medical conditions and medical equipment with back up power (talk to your healthcare professional for advice)

Make a mini kit

Being prepared can take the inconvenience out of unexpected situations. A mini kit that goes where you go can help to keep you prepared for whatever comes your way. Items to consider including:

- Small amount of cash
- Hand sanitizer and extra non-medical mask
- Bus tickets
- Phone charger
- Package of wipes/tissues
- Painkillers and back up medication

