

EMERGENCY KIT CHECK LIST



Garbage can with a secure lid and wheels

Label it EMERGENCY KIT and place it near an outer window or door inside your garage, or as close to your front door as possible.

Water: 3 - 5 day supply per person, including pets. It is best to plan for four litres of water per person, per day. You may want to consider water purification tablets as well.

Food: 3 - 5 day supply per person of packaged and non perishable foods.

- canned meats
- baked beans
- peanut butter
- evaporated, canned or powdered milk
- tuna
- stew
- dried fruit.
- baby food, formula, bottles (if needed)
- pet food

Sleeping bags or blankets for each family member

HELP sign and OK sign

Manual can opener

Pocket knife

Cutlery

Whistle

Spare set of house and car keys

Flashlight and extra batteries, or a wind up flashlight

Portable radio and extra batteries, or a wind up radio

Candles and waterproof matches

First Aid Kit

- prescription medications
- eyeglasses
- bandages
- sterile gauze pads
- tape, scissors
- tweezers
- antibiotic ointment
- hydrogen peroxide

Personal Items

- change of clothing for each family member
- toilet paper
- disposable infant diapers (if needed)
- handi-wipes
- soap
- detergent
- toothbrush and toothpaste
- comb
- feminine hygiene products

Books, toys, playing cards

Large bucket with tight fitting lid
(to use as a toilet)

Heavy Duty Garbage Bags

(can be used as ponchos, and in the bucket)

1 Week supply of prescription medicine and re-fill information

Current photos of each member of your family, including your pets

Papers & documents: Assemble copies of important documents like: wills, insurance papers, medical records, credit card numbers, inventory of possessions, identification, etc. Make copies and store originals in a fireproof safe or waterproof container that will be accessible if your home is damaged.

Pet supplies

- food – 2 week supply
- water – 2 week supply
- portable kennel or cage (train your pet to go inside, prior to an incident)
- food and water dishes (include dish soap and cloth to clean)
- toys and treats
- pet health and vaccination records (most boarding facilities will not accept pets, without these)
- plastic bags to collect and dispose of waste
- litter pan and litter
- collar, chain, leash or harness
- extra ID tags
- blanket
- medication (2 week supply)
- pet first aid kit
- current photo of your pet
- list of boarding facilities in your area, hotels that accept pets, or friends/relatives that you and your pet can stay with
- Designate a back-up caregiver for your pet in advance in case you are away from home when emergency strikes.



Be prepared!
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Before an emergency happens, make sure you are prepared by following this list of simple and lifesaving tasks!

- Check your insurance policies and make records of your possessions.
- Identify a family meeting place outside of your home and away from your house. Also establish a meeting place outside of your neighbourhood. Ideally the meeting place will be somewhere safe between work, home, and school.
- The appropriate sized wrench should be tied to a string and attached to your gas shut off valve at the metre. (Know where your metre and your water shut –off to your home is, and teach all family members how to turn both off, if needed.)
- Have an current local area map, to locate specific evacuation routes, or reception centres, once announced.
- Have plans and supplies to address specific hazards to your area. (i.e. Sandbags if your home is prone to flooding)
- Identify safe places in your home and on your property. Plan and practice earthquake “drop, cover, hold” or evacuation drills using different escape routes.
- Give every family member specific safety tasks to do in an emergency. For example designate one person to be in charge of turning off electricity, one to collect the family Emergency Kit, one to track down family members and make sure people with disabilities or special health needs are provided for. Make sure someone is also delegated to look after family pets.
- Arrange an out-of-area phone contact person, and keep this and other emergency numbers near each telephone. Teach family members these numbers. Also give a copy of an Emergency Contact Information Card to each member of your household, to carry with them.
- Know the hazards in your community. Find out if the area where you live is vulnerable to earthquakes, flooding, interface fires or other threats such as hazardous material spills.
- Do a home hazard hunt to make your home safer. Secure appliances and heavy furniture and move beds away from overhead objects like heavy mirrors and windows.
- To conduct a thorough Home Hazard Hunt please follow the link below and refer to pages 24-31 in the Provincial Emergency Program – All Hazards Workbook on the Emergency Program website.

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