

A typical **Home Emergency Kit** contains:

(from [www.GetPrepared.ca](http://www.GetPrepared.ca), a Government of Canada web site, with additional comments )

**Water** - two litres of water per person per day. (include small bottles that can be carried easily in case of an evacuation order) That's 6 litres of water for a 3 day emergency for each person in your family. That is only the drinking water. Water for washing wounds or medical equipment should also be set aside.

**Food** - that won't spoil, such as canned food, energy bars and dried foods (remember to replace the food and water once a year)

**Manual can opener** It's hard to get to canned food without a can opener! Get a good quality one.

**Battery-powered or wind-up radio** (and extra batteries) See above for advice about batteries. Flashlight and batteries. When you replace the batteries in your smoke alarm, also replace them in your emergency kit flashlight. Try to get a quality flashlight which is also water-proof. Store a spare bulb inside, inside a small plastic bag so it can't get loose and short the switch.

A backup flashlight could be a wind up type with LED bulbs. You should charge (wind) this type of flashlight for a minute or two each month. Windup radios and flashlights have rechargeable batteries inside them. The flashlights often have a small "cordless telephone" type battery and radios may have a "AA" size or similar rechargeable battery. The most common rechargeable batteries, "Ni-cad" type, perform best when fully charged (by winding the built-in generator ) and then almost but not quite fully discharged ( When you notice the light dimming or the volume of the radio dipping, it's time to recharge. )

**First aid kit** Available at many stores, or make your own. (Links to Red Cross)

**Special needs items** - prescription medications, Medic Alert or similar information, infant formula or equipment for people with disabilities.

**Extra keys** - for your car and house Some people also leave spare keys with trusted neighbours and/or nearby relatives.

**Cash** - include smaller bills, such as \$10 bills (travellers cheques are also useful) and change for payphones A mixture of cash and traveller's cheques is good because not all places will accept a traveller's cheque. Consider keeping most of your "cash stash" in a hidden money belt so you do not need to display all your money when paying for something.

**Emergency plan** - include a copy in your kit ,and photocopies of personal documents, such as passport and birth certificate. Make a few copies; keep one on each floor of your home, in the car(s) and perhaps at a neighbours or relatives. Review it with your family once a year (when you change the batteries perhaps) and if you make changes, make the changes on all copies. For instance one of the things you should plan is where to meet if you are not together when an emergency happens. If you change that place on one copy you don't want someone with an older copy going to the wrong place!

These are what you need for a basic Emergency Kit. You can also buy an emergency kit online and in many stores across Canada. The Canadian Red Cross sells its Disaster Preparedness Kit at [www.redcross.ca](http://www.redcross.ca).

St. John Ambulance and The Salvation Army have also jointly prepared an emergency kit, the **Ready Kit**, which can be purchased from retailers across Canada. You can find out which stores in your area by calling these organisations for more information or do an internet search for "Ready Kit". You are likely to find it at major retailers like Canadian Tire and Home Depot.

**Plus, consider these additional emergency supplies for your kit:**

**Change of clothing and footwear** - for each household member

**Sleeping bag** or warm blanket - for each household member. An extra blanket under the sleeping bag can help insulate you from the cold ground

**A whistle** - in case you need to attract attention

**Garbage bags** - for personal sanitation

**Toilet paper**, sealed in plastic locking bags

**Safety gloves**. Can be "work gloves" or leather gloves, or specialised gloves available from industrial supplies like Ontario Glove. Choose the best protection you can afford

**Basic tools** - hammer, pliers, wrench, screwdrivers, fasteners, work gloves

**Small fuel-driven stove and fuel** - follow manufacturer's directions and store properly

**Two additional litres of water per person per day** - for cooking and cleaning

Other personal items such as **passports or birth certificate**

**Candles, matches/lighter**

**Emergency car kit**

If you have a car, prepare an emergency car kit and keep it in the vehicle. The basic emergency kit for cars should include the following items:

**Food** – that won't spoil, such as energy bars  
**Water** – in plastic bottles so they won't break if frozen (change every six months)

**Blanket** | **Extra clothing** and shoes | **First aid kit** – with seatbelt cutter

**Small shovel, scraper and snowbrush** | **Candle in a deep can and matches** | **Wind-up flashlight**

**Whistle** – in case you need to attract attention Roadmaps Copy of your emergency plan and personal documents

**Also keep these inside your trunk:**

**Sand**, salt or non clumping cat litter (remove after winter weather to improve fuel consumption)

**Antifreeze/windshield washer fluid | Tow rope | Jumper cables | Fire extinguisher | Warning light or road flares**

For more information call:

1-800-O-Canada

1-800-622-6232

TTY 1-800-926-9105

[www.GetPrepared.ca](http://www.GetPrepared.ca)