



Basic kit

Basic items you will need to survive for 72 hours:

- Water** -- at least two litres of water per person per day (Include small bottles that can be carried easily in case of an evacuation order)
- 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**
- Flashlight and batteries**
- Candles and matches or lighter** (remember to place candles in sturdy containers and to put them out before going to sleep)
- Battery-powered or wind-up radio** (and extra batteries)
- First aid kit**
- Special items such as **prescription medications, infant formula** and **equipment for people with disabilities**
- Extra keys** for your car and house
- Some **cash** in smaller bills, such as \$10 bills (travellers cheques are also useful) and change for payphones
- A copy of your **emergency plan** including **contact information**

Recommended additional kit supplies

It is always a good idea to have extra supplies on hand. Here are some recommendations:

- A change of clothing and footwear for each household member
- Sleeping bag or warm blanket for each household member
- A whistle (in case you need to attract attention)
- Garbage bags for personal sanitation
- Toilet paper and other personal care supplies
- Safety gloves
- 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