

# EMERGENCY PREPAREDNESS CHECKLIST

In an emergency situation, ease your mind by ensuring your home has these essential items in an emergency preparedness kit:

## WATER

- Store four and a half litres of water per person/per day (approximately eight 500ml bottles). Two and a half litres for drinking, two litres for food preparation/sanitation.
- Ensure there is at least a three-day supply of water.

## FOOD

- Store a minimum three-day supply per person of non-perishable foods:
  - Ready to eat canned meats, fruit and vegetables.
  - Canned juices.
  - High energy foods (e.g. peanut butter and jelly with crackers, granola bars).
  - Vitamins.
  - Comfort/stress foods (e.g. chocolate).
  - A loaf of bread frozen in the freezer to defrost for sandwiches.

## FIRST AID KIT

- Assemble a First Aid Kit, include:
  - Sterile gauze pads and bandages in various sizes.
  - Surgical tape.
  - Scissors.
  - Tweezers.
  - Moistened towelettes.
  - Antiseptic.
  - Latex gloves.
  - Soap.
  - Petroleum jelly.
  - Non-prescription drugs such as aspirin, anti-diarrhea medication and antacid.

## TOOLS AND SUPPLIES

- Flashlight and extra batteries.
- Battery-operated radio.
- Cash or traveller's cheques, change.
- Non-electric can opener, utility knife.
- Compass, signal flare, pencils paper.
- Always have a telephone that doesn't require electricity to function (most cordless and multi-feature phones will not work in a power outage).
- Contact list of important numbers (update this list regularly to include loved ones, medical professionals, etc.).
- Paper plates and plasticware.
- Spare car and house keys.
- Rain ponchos.

## SANITATION

- Toilet paper.
- Soap, liquid detergent.
- Clothing and bedding.
- Plastic bucket with tight lid (this can serve as a waste receptacle if required).
- Plastic garbage bags, sealable plastic bags.
- Disinfectant.

## SPECIAL NEEDS

- Be sure to include items for family members with special needs such as infants, elderly or disabled persons.
- Keep important family documents in waterproof, portable containers (e.g. birth certificates, recent photos, health card numbers, passports, insurance policies).
- Have an ample supply of pet food and litter on hand.

