



Emergency Kits: How to Get Ready

Putting tools and food supplies into a kit now can help you in an emergency situation later. Emergency kits are worthwhile and can be affordable if purchases are made over time. Even small steps towards assembling a kit can make a huge difference during an emergency.

Prepare for common emergencies:



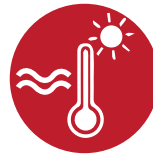
Floods



Storms/
Severe Weather



Fires



Heatwaves



Power
Outages



Quarantines

How to Prepare an Emergency Kit:

- Check junk drawers for the supplies you have. Chances are you have things to put in your kit now and do not need to buy.
- List the things you need. Use your list to shop sales.
- Start building your kit with essentials like food and water, then work on adding other items over time as your budget allows.
- Look for weekly or daily specials and use coupons.
- Check with family and friends to see if they have any spare items. If friends and family are preparing as well, shop together to buy in bulk.
- Visit your local dollar store to stock up.
- Look for items that will not expire quickly.
- Check expiry dates every year. Use the food supplies in your kit before they go bad and replace them when you can.
- Look for free resources. Sometimes fire departments, charities, schools, and police stations handout emergency kit items.
- Save money towards the cost of a Red Cross Kit. Emergencies supplies often go on clearance. Visit www.products.redcross.ca for their sales.

An Emergency Kit Checklist

- 2L of water per person for drinking, bathing, and cleaning.
- Non-perishable foods. Canned goods, dried foods or cereal.
- A manual can opener.
- A flashlight.
- Wind-up or battery powered radio.
- Extra batteries.
- Face masks.
- First Aid Kit.
- Copies of important documents like marriage certificates or ID.
- Entertainment for yourself and others. Pens, pencils and paper, board games, books, or a deck of cards.
- Extra clothes or blankets to keep yourself warm.
- Pet foods or supplies for your service animals.
- Infant formula.
- Hand sanitizer.
- A whistle.
- Small bills or coins.
- Extra keys for your house or car.
- Health-related items such as, pads/tampons, condoms, diapers, or medications.
- Personal Hygiene items
- Toilet paper, garbage bags and twist ties to dispose of waste.
- Carbon Monoxide Detector.
- _____
- _____
- _____

Work with your support network to develop a plan that meets your needs. It takes about 20 minutes to develop your plan Online. To get started, visit the Government of Canada website below: www.getprepared.gc.ca