

Emergency Survival Kit Checklists

If you are stranded at home ...

Have at least a **three-day** supply of food and water on hand. Choose ready-to-eat foods that your family likes, and choose food that doesn't need refrigeration.

- **Water** - plan to have on hand at least four litres per person per day, two litres for drinking and two for food preparation, hygiene and dish washing.
- **Food** - canned food: soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits; crackers and biscuits; honey, peanut butter, syrup, jam, salt & pepper, sugar, instant coffee, tea. Replace canned food and dry goods once a year.
- **Equipment** - knives, forks, spoons; disposable cups and plates; manual can opener, bottle opener; fuel stove and fuel (follow manufacturer's instructions, and don't use a barbecue indoors); waterproof matches and plastic garbage bags.

Home Emergency Survival Kit, suitable for Evacuation ...

- Flashlight and extra batteries
- Battery-powered Radio and extra batteries
- First-aid kit
- Candles and matches/lighter
- Extra car/house keys and cash (including coins/cards for public telephones)
- Important papers (identification for everyone, personal documents)
- Food and bottled water (see above)
- Clothing and footwear (one change of clothes per person)
- Blankets and sleeping bags (one blanket or sleeping bag per person)
- Toilet paper and other personal supplies
- Medication
- Backpack/duffel bag (or something else to carry the emergency survival kit, in case you have to evacuate)
- Whistle (in case you need to attract someone's attention)
- Playing cards, games

Car Emergency Survival Kit ...

- Shovel
- Sand, salt or kitty litter
- Traction mats
- Tow chain
- Compass
- Cloth rags or roll of paper towel
- Work gloves
- Warning light or road flares
- Extra clothing and footwear
- Emergency food pack
- Axe or hatchet
- Booster cables
- Ice scraper and brush
- Road maps
- Matches and a "survival" candle in a deep coffee can (to warm hands, heat a drink or use as an emergency light)
- Fire extinguisher
- Methyl Hydrate or Isopropyl Alcohol (for fuel line and windshield de-icing)
- Flashlight with extra batteries
- First-aid kit with seatbelt cutter
- Blanket (look for special "survival" blankets)