

Get an emergency kit!

Basic emergency kit checklist:

- Water** — two litres of water per person per day (include small bottles)
- Food** that won't spoil, like canned food, energy bars & dried foods (replace annually)
- Manual can opener**
- Wind-up or battery-powered flashlight** and radio (and extra batteries)
- Wind-up or battery-powered radio** (and extra batteries)
- First aid kit**
- Extra keys** for your car and house
- Cash**
- Important family documents** such as identification, insurance and bank records
- Your Family Emergency Plan** and other important contact information

Consider these additional emergency kit supplies:

- Two additional litres of water per person per day for cooking and cleaning
- Candles and matches or lighter (place in sturdy containers, do not burn unattended)
- Change of clothing and footwear for each household member
- Sleeping bag or warm blanket for each household member
- Toiletries and personal hygiene items
- Hand sanitizer, toilet paper and garbage bags
- Prepaid phone card, mobile phone charger
- Pet food and supplies
- Infant formula, baby food and supplies
- Activities for children like books, puzzles or toys
- Prescription medications, medical equipment
- Utensils, plates and cups
- Household chlorine bleach or water purifying tablets
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, pocket knife)
- Small fuel-operated stove and fuel
- Whistle (to attract attention)
- Duct tape

Don't have time to assemble a kit? Emergency kits can be purchased locally or online through the Canadian Red Cross, the Salvation Army and other retailers.

Source: Get Prepared, Government of Alberta <https://www.getprepared.gc.ca/cnt/kts/bsc-kt-en.aspx>
For more information call: 1 800 O-Canada (1-800-622-6232) TTY 1-800-926-9105