

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