

Build a Kit

Prior to an emergency, pull together some basic supplies and store in an easily accessible location. This allows you to quickly grab your supplies and go in an urgent situation.

You can build a family size kit or smaller individual kits that are meant to 'grab-and-go'. Personalize your kit to fit the needs of you and your family. Remember, your kit supplies should keep you comfortable for minimum 72 hours.

Food and Water

- Water (4L per person per day)
- Non-perishable food such as protein/granola bars
- Trail mix/dried fruit
- Crackers and cereals
- Canned meat, fish and beans
- Canned/boxed juice

Clothing and Bedding

- Change(s) of clothing appropriate for the season
- Extra undergarments and socks
- Raincoat, poncho, jacket
- Spare shoes
- Sleeping bag, blanket or emergency heat blanket

Light and Fuel

- Battery-powered or crank flashlights/lamps
- Candles with candle holder
- Lighter
- Waterproof matches



Emergency kits come in all shapes and sizes. You can use Tupperware bins, backpacks or a suitcase on wheels.

Equipment

- Manual can opener
- Dishes and utensils
- Battery-powered or crank radio
- Extra batteries
- Pen and paper
- Pocket knife
- Duct tape
- Whistle
- Cell phone and charger with spare batteries
- Basic tools and work gloves

Personal Supplies and Medication

- First-aid kit
- Toiletries (toilet paper, personal and feminine hygiene, toothbrush and toothpaste)
- Cleaning supplies (hand sanitizer, dish soap, dishtowel etc.)
- Medication (acetaminophen, ibuprofen, children's medication, prescription medication)
- Copies of prescriptions
- Back-up pair(s) of prescription glasses
- Pet food and supplies
- Garbage, recycle and Ziploc bags

Documents and identification

- Personal I.D.
- Copies of legal documents such as birth certificate, marriage certificate, last will and testament, passport, citizenship papers
- Insurance policies
- Money (small bills and change)
- Credit card information
- Copy of your emergency plan
- Contact list
- A list of personal items in your home that you would want to take with you, if time allowed (such as photo albums, computers, back-up hard drive, family heirlooms etc.)

Storage of your documents and identification is a personal decision and will be based on your risk tolerance.

Distraction and comfort items

- Small toys or figurines
- Deck of cards or other small games
- Reading material
- Kids activity books
- Colouring books with markers
- Back-up charging cords for devices
- Crossword puzzles or Sudoku
- A notebook and a pen
- Comfort items such as family photos, an important blanket or stuffed animal

Consider your situation

Emergency supply requirements vary depending on your needs. You will need to decide which items are essential for you and your family. Consider:

- Women who are breastfeeding or pregnant
- Infants or very small children
- Persons with mobility issues or who require additional support
- Severe allergies
- Chronic medical conditions

Not sure what to pack or how to prepare? Talk to your health practitioner(s) for advice on what you should do.

Tips for building and maintaining your kits

- Update your kit every six months to ensure food and medications are not expired, water is fresh, clothing still fits, documents are up-to-date and batteries are charged.
- Use daylight savings as a reminder to refresh your kit.
- Consider seasonal requirements when you update. In the spring include bug spray and sunscreen. In the fall include warm clothing, mittens and toques.
- Divide items into groups and pack in Ziploc bags. It helps organize and protect kit contents if you have a leak caused by melting, broken or spoiled items.