

# Grab and Go Emergency Supply Kit

Prepare an emergency kit you can easily take with you if your household is evacuated.

- Make sure your kit is easy to transport. Keep it in a backpack, duffle bag or wheeled suitcase.
- Keep your kit in an easy-to-reach, accessible place (such as your front hall closet) and make sure everyone in the household knows where it is located.
- If your kit is heavy, separate the supplies into separate backpacks. That way, your kit will be more portable and each person can personalize his or her own kit.

## BASIC SUPPLIES

- Water – at least two litres per person per day. Include small bottles that can be carried easily in case of evacuation
- Food that won't spoil, such as canned food, energy bars and dried foods (replace water and food once a year)
- Manual can opener
- Crank or battery-powered flashlight
- Crank or battery-powered radio
- Batteries (replace batteries once a year and store in separate bag)
- Cell phone plug-in and battery chargers, and spare batteries
- First aid kit
- Extra keys to your car and house
- Cash in small bills and coins (e.g. \$2, \$10)
- Copy of your emergency plan and contact information
- Copies of identification and pictures of each family member to help locate those who are missing/lost
- If applicable:
  - Prescription medication and glasses
  - Infant formula and supplies
  - Equipment for people with disabilities
  - Pet food, water and medication

## ADDITIONAL RECOMMENDED ITEMS

- Two additional litres of water per person per day for cooking and cleaning
- Change of clothing and footwear
- Sleeping bag, warm blanket or survival bag
- Emergency blanket and poncho
- Toiletries (toothbrush/paste, facecloth, deodorant, mirror, comb, soap, shampoo etc.)
- Feminine hygiene supplies
- Quick-dry towel or cloth
- Hand sanitizer or sterile towelettes
- Household bleach or water purifying tablets
- Candles or tealights and matches or lighter (place lit candles in deep, sturdy containers)
- 12-hour light sticks
- Utensils, plate and cup
- Pad and pencil
- Large garbage bags
- Ziplock bags (various sizes)
- Toilet paper
- Basic tools (hammer, pliers, wrench, screwdrivers) or multi-tool
- Multi-purpose knife
- Sportsman's saw
- Work gloves
- Dust mask and goggles
- Emergency whistle
- Duct tape
- String
- Toys, books, games or cards
- Favourite picture of loved ones