

Personal Emergency Supplies List

You can purchase ready-made kits or assemble them yourself using the lists in this section. You can lessen the initial cost by purchasing supplies over several paydays.

- Review your kits** every six months to check batteries, replace water and replace expired items. Spring and fall are good choices as you can rotate supplies to suit the upcoming weather. Mark review dates in your calendar.

FOOD SUPPLIES

A three-day supply is the minimum amount of food for your kit. However, because a major disaster can disrupt your ability to purchase food, it is wise to maintain a two-week supply in your everyday household provisions.

- Choose foods that:
 - don't require refrigeration
 - require little or no preparation or water
 - are familiar to your family
 - will not increase thirst
- Keep the volume small, light and easy to carry, in case an evacuation is necessary.
- Choose items such as: peanut butter, canned fruits, vegetables and stews, canned fish and meat, pasta, beans and beef jerky. High-nutrient food bars, nutritional drinks and dried nuts and fruit are also good.
- Seal all foods to prevent contamination by rodents, bugs, humidity, ground water and variations in temperature.
- Don't forget some snacks and treats.

FOOD-RELATED SUPPLIES

- Salt / spices in sealed containers
- Heavy-duty aluminum foil
- Plastic wrap
- Small container of dish soap
- Sealed containers for food storage
- Ziplock bags or plastic bags with twist ties in various sizes
- Cooking pot, paper plates, cups and utensils
- Large sturdy garbage bags (a bright colour can also be used as a signal flag)
- Bottle opener
- Good quality manual can opener
- Washing pan
- Alternate cooking source (see below)
- Cooking fuel (propane, charcoal, sterno etc.)

If using china or plastic dishes, limit dishwashing by lining dinnerware with plastic food wrap to throw away after each use. You can also label separate drinking cups for each family member to use throughout the day.

INFANT NEEDS

Based on your infant's diet and requirements, you should be prepared for a survival period of three to five days. Check with a pediatrician or family doctor to be certain your pack contains a proper supply of nourishment.

COOKING

Camp stoves, sterno stoves, barbecues and hibachies can be used as alternate cooking sources, but do not use them inside the home. This could cause carbon monoxide poisoning or a fire if there is an undetected gas leak.

Other options include a fondue pot or wood-burning fireplace. If using the fireplace, inspect the chimney, mortar and flue for cracks before use.

Personal Emergency Supplies List cont.

CLOTHING

Plan your clothing to suit all the seasonal weather conditions that occur in your area. In extremely cold conditions, warmth is found in wearing multiple layers of clothing to reduce or restrict body heat loss. For summer, you'll need protection from the sun. Include:

- Shirts, pants and undergarments
- Winter hats, scarves and warm gloves or mitts
- Sun hats and sunglasses
- Shoes and boots – warm, strong and waterproof
- Heavy wool socks
- Good quality rain gear
- Coats and jackets – ideally layerable

LIGHTING

Store two or three alternate sources of lights. Make sure there are no gas leaks before using any open fire, including matches, candles and lanterns. Locate with care as earthquake aftershocks may cause lighting to topple. Options:

- Flashlights, extra batteries and spare bulbs – store batteries in a cool, dry, non-refrigerated area. Also keep a small flashlight in your car, purse and briefcase.
- Camping lanterns – including extra fuel, wicks, mantles and waterproof matches.
- Lightsticks – can provide light for up to 12 hours and can be purchased from camping stores.
- Candles/tealights – place in deep, sturdy containers.

OTHER NECESSARY ITEMS

- Infant supplies (diapers, bottles, formula etc.)
- Emergency blankets, sleeping bags and pillows
- Hand towels and wash cloths
- Paper towels and toilet paper
- Toiletries (e.g. toothbrush/paste, shampoo, deodorant, mirror, comb)
- Feminine hygiene supplies
- Hand soap and sterile towelettes
- Crank or battery-operated flashlight, spare bulb
- Crank or battery-operated portable radio
- Good quality spare batteries
- Dust mask, hard hat, eye protectors
- Work gloves
- Cash in small bills and coins (e.g. \$2, \$10)
- Signal flares and flag
- Copies of important contacts and documents
- Copies of ID and pictures of family members to help locate those who are missing/lost
- Personal address book
- Paper and pencil
- Books and games
- Safety rope and shovel
- Nails, hammer, axe, pliers and screwdriver
- Multi-purpose knife
- Emergency whistle
- Emergency survival book
- OK/HELP signs to post in home or vehicle windows (download: www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/help-ok_sign.pdf)
- Tent and related supplies or waterproof tarp
- Newspaper for emergency toilet (see page 27)
- Cell phone plug-in and battery chargers, and spare batteries