

# Get an emergency kit

## Start today!



IS YOUR FAMILY  
PREPARED?

### Assemble one...

Basic emergency kit shopping list:

- Water** — two litres of water per person per day (include small bottles)
- Food** that won't spoil, such as canned food, energy bars and dried foods (replace once a year)
- Manual can opener**
- Wind-up or battery-powered flashlight** (and extra batteries)
- Wind-up or battery-powered radio** (and extra batteries)
- First aid kit**
- Special needs items** — pet food, prescription medications, infant formula or equipment for people with disabilities
- Extra keys** for your car and house
- Cash** — include smaller bills, such as \$10 bills and change for payphones
- Emergency plan** — include a copy in your kit as well as contact information

### ...or buy one

You can buy an emergency kit online and in stores across Canada. St. John Ambulance and The Salvation Army have prepared an emergency kit which can be purchased at [www.sja.ca](http://www.sja.ca) or at retailers across Canada. Canadian Red Cross kits can be purchased at [www.redcross.ca](http://www.redcross.ca).

For more information call:  
1 800 O-Canada (1-800-622-6232)  
TTY 1-800-926-9105

### 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 and do not burn unattended)
- Change of clothing and footwear for each household member
- Sleeping bag or warm blanket for each household member
- Toiletries
- Hand sanitizer
- Toilet paper
- Utensils
- Garbage bags
- 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



[GetPrepared.ca](http://GetPrepared.ca)



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