

## EMERGENCY SUPPLIES KITS



A properly prepared and maintained Emergency Supply Kit can be the key to bringing you and your family through a major disaster. The kit should contain everything your family may need to be self sufficient **for at least 72 hours**. Plan your kit carefully; every family is unique and has personal preferences, allergies and needs to recognize. Please use the following pages as a checklist and mark as you acquire each item.

Emergency supplies can be acquired as ready-made kits or assembled item by item, as they are listed in this workbook. You can lessen the initial cost by purchasing any missing supplies over several paydays.

Store your Emergency Supply Kit in a cool shaded place away from chemicals and not directly on a concrete floor. A plastic or metal container with a tight fitting lid will protect contents from odours, moisture damage and rodents. If you choose to use a duffel bag or backpack, wrap a large garbage bag around it for extra protection.

**Keep your kit accessible. Possible locations are a closet near an exit or in your camper or an outside shed.** You may want to consider storing supplies in individual packs within your big container so kit supplies are easier to move when evacuating.

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

Go through your kit every six months. Spring and fall are a good choice as you can rotate your seasonal supplies to suit the oncoming weather conditions. Ensure all batteries are working and replace water supplies and any items with a shelf life. When the update is complete, mark the next date on a prominently placed calendar.



## HOME EMERGENCY KIT

### Food Supplies

When assembling your emergency food supplies, choose foods that:

- Don't require refrigeration
- Will not increase thirst
- Need little or no preparation
- Require little or no water
- Familiar to your family

### Food Related Supplies

- Salt (in sealed container)
- Heavy duty aluminum foil
- Plastic wrap
- Small container of dish soap
- Sealed containers for storage
- Cooking pot, paper plates, cups & utensils
- Large garbage bags (a bright colour can also be used as a signal flag)
- Alternate cooking source
- Cooking fuel (propane, charcoal, sterno, etc.) Camp stoves, sterno stoves, barbecues and hibachis can be used as alternate cooking sources **but do not use these inside your home!** This could cause carbon monoxide poisoning or a fire if there is an undetected gas leak. A fondue pot or fireplace are other possibilities. If using the fireplace, be sure to inspect the chimney, mortar and flue for cracks before use.
- Bottle opener
- Manual can opener
- Cooking utensils
- Washing pan
- Plastic bags (assorted sizes) with twist ties



**but do not use these inside your home!** This could cause carbon monoxide poisoning or a fire if there is an undetected gas leak. A fondue pot or fireplace are other possibilities. If using the fireplace, be sure to inspect the chimney, mortar and flue for cracks before use.

\*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.

### Other Supplies

- Garbage bags & Duct tape (tape broken windows)
- Tools (screwdriver, pliers, nail, hammer, axe)
- Dust masks and gloves
- Hard hats and eye protector



## PERSONAL GRAB & GO KIT

These should be personalized and for each member of your family including infants (diapers, baby food, hygiene, etc.).



- Food and Bottled water (for at least 3 days)  
(granola, beef jerky, dried fruit, canned food)
- Flashlight (sparkless)
- Am/Fm Radio (battery powered or crank)
- Batteries for flashlight and radio
- Personal toiletries (toilet paper, or tissue, soap, toothpaste, toothbrush, deodorant, sunscreen)
- Whistle
- Pocket knife
- Emergency blanket (foil)
- Extra pair of eye glasses
- Book and/or game and/or toys
- First aid kit
- Personal medications
- Extra money (including coins for pay phone)
- Phone cards
- Identification
- Emergency Contact information
- Family photos (recent)
- Personal papers (i.e. copies of insurance papers)

## PET GRAB AND GO Kit

- Portable kennel or cage (which can be used to store all pet supplies)
- Food (two week supply – if canned, include a manual can opener)
- Water (two week supply of water – 30 ml per kg of pet weight per day)
- Plastic bags to collect and dispose of wastes
- Food and water dishes
- Collar, chain, leash or harness
- Pet toys and treats
- Extra identification tags
- Pet health and vaccination records
- Blanket



## FIRST AID SUPPLIES KIT



First aid supplies can be purchased in ready-made units or you can assemble one yourself with fresh supplies. Store supplies in a small container with a handle, such as a cosmetic case or tackle box; this makes them easier to carry. Tape a list of contents inside the lid. Don't forget to check the expiration dates.

When purchasing prescription medications, ask your pharmacist about the storage requirements and the length of time that your meds can safely be stored. If possible, purchase an extra amount (two-week supply) for your First Aid Kit and rotate the supply whenever you refill the prescription.

### Medicine

- Hydrogen peroxide
- Cough mixture or lozenges
- Antibiotic ointment
- Laxatives
- Individually wrapped alcohol swabs
- Anti-inflammatory pills (e.g. Aspirin)
- Antacids



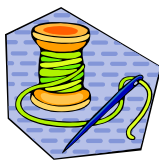
- Prescription medications
- Anti-diarrhea medicine
- Vitamin supplements
- Anti-nausea tablets
- Smelling salts
- Pain killers (e.g. Acetaminophen)
- Syrup ipecac (to induce vomiting)

### Medical Equipment

- Non-breakable thermometer
- Eye wash cup and sterile water
- Pocket knife (Swiss army style)
- Needle and thread
- Pack of disposable latex gloves
- Splint material



- Tweezers
- Safety razor blade
- Scissors (bandage & heavy duty)
- Safety pins (assorted sizes)
- Surgical masks



## FIRST AID SUPPLIES KIT con't.



### Bandages

Note: *If necessary, bandages can also be made from clean rags and sheets, disposable diapers and sanitary napkins. Dressings can be held in place by neckties, cloth belts, nylon stockings and plastic bags.*

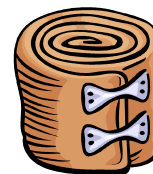
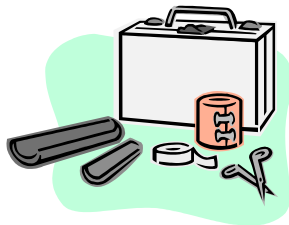
Following is a list of the various types of bandages to include in your kit:

- |   |   |
|---|---|
| <input type="checkbox"/> Adhesive bandages (assorted sizes) | <input type="checkbox"/> Adhesive dressings             |
| <input type="checkbox"/> Elastic bandage (several widths)   | <input type="checkbox"/> Large triangular bandages      |
| <input type="checkbox"/> Sterile gauze pads                 | <input type="checkbox"/> Sterile dressings              |
| <input type="checkbox"/> Abdominal pads                     | <input type="checkbox"/> Rolled gauze (several widths)  |
| <input type="checkbox"/> Butterfly bandages                 | <input type="checkbox"/> Adhesive tape (several widths) |



### Additional Supplies

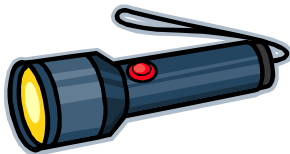
- |  |  |
|--|--|
| <input type="checkbox"/> First aid book  | <input type="checkbox"/> Writing materials and paper   |
| <input type="checkbox"/> Cotton balls or swabs                                       | <input type="checkbox"/> Pre-moistened towelettes      |
| <input type="checkbox"/> Bar of soap   | <input type="checkbox"/> Tissues                       |
| <input type="checkbox"/> Petroleum jelly   | <input type="checkbox"/> Skin lotions                  |
| <input type="checkbox"/> Calamine and sunscreen lotion                               | <input type="checkbox"/> Insect repellent              |
| <input type="checkbox"/> Instant cold and heat packs                                 | <input type="checkbox"/> Hot water bottle              |
| <input type="checkbox"/> Waterproof matches (or matches in ziplock)                  | <input type="checkbox"/> Contact lenses (and supplies) |
| <input type="checkbox"/> Extra eyeglasses  | <input type="checkbox"/> Paper cups                    |
| <input type="checkbox"/> Plastic bags  | <input type="checkbox"/> Plastic spoons                |
| <input type="checkbox"/> Small spray bottle for 10% bleach solution for disinfecting |  |



## WORKPLACE EMERGENCY KIT

Safety at work will help ensure a safe return home to your family. Be prepared to turn your workplace into a temporary shelter; don't presume your employer has this responsibility. The following items will fit into a standard athletic bag or backpack (to keep at work) and will make the separation from your loved ones more bearable:

- Small first aid kit
- Essential personal medication
- Out-of-area contact card
- Personal address book
- Cash, including coins
- Phone credit cards
- Bottled water (3-day supply)
- Non-perishable foods:  
(granola, beef jerky, nuts, dried fruit)
- Large ziplock bags
- Toilet tissue and newspaper
- Personal toiletries
- Sterile towelettes
- Feminine hygiene supplies



- Picture of loved ones
- Survival blanket and extra clothing
- Sturdy walking shoes, socks
- Heavy gloves and hat
- Whistle (3 short blasts for help)
- Flashlight (sparkless)
- AM/FM radio (wind up)
- Extra alkaline batteries and bulb
- Waterproof matches and emergency candles
- Dust masks and hard hat
- Lightweight reading material or deck of cards



## VEHICLE EMERGENCY KIT

Because disasters can happen at any time and anywhere, you may not be able to return home immediately so it is important to be prepared and to make your car as comfortable as possible. Include enough supplies to sustain you for **at least 72 hours** in case the roads are severely blocked or bridges are destroyed. **Keep your gas tank at least half full at all times, especially in winter.**

The following list can be assembled or purchased as a comfort kit for your car. Plan to rotate your food and water in the spring and fall: during the winter you would use foodstuffs that are not damaged by freezing and in the summer, foods that wouldn't be damaged by heat.

### Personal Supplies

- Sturdy backpack (for storing supplies)
- Essential personal medication
- Coins and phone credit cards
- Out-of-area contact card
- Personal address book
- Bottled water (3-day supply)
- Non-perishable food (granola, beef jerky, nuts, dried fruit)
- Large ziplock bags
- Toilet tissue and newspaper
- Tooth brush and paste
- Feminine hygiene supplies
- Thick hand towel
- Whistle (3 short blasts is help signal)
- Flashlight
- AM/FM radio

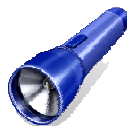


- Extra alkaline batteries and bulb
- Matches (in ziplock) & survival candles
- Warning lights and flares
- Light sticks
- Dust masks and hard hat
- Extra clothing (think seasonal)
- Sturdy walking shoes
- Socks and heavy gloves
- Rescue blanket or sleeping bag
- Local maps and a compass
- Utility knife
- Axe/hatchet
- Tube tent
- Picture of loved ones
- Book and/or deck of cards
- Small first aid kit



### Vehicle Supplies

- Fire extinguisher
- Rags and/or paper towels
- Tow chain or rope
- Ice scraper and brush



- Tools
- Shovel and booster cables
- Sand, salt, kitty litter or traction mat
- Methyl hydrate to de-ice fuel line & windshield fluid

