

# Get an Emergency Kit Start today!



IS YOUR FAMILY  
PREPARED?

For a major emergency, you need to be prepared. Ready for at least 72 hours while emergency workers help those in urgent need. Start today by getting an emergency kit. Here's how.

## Put one together yourself...

What goes into a basic emergency kit:

- **Water** - two litres of water per person per day (include small bottles that can be carried easily in case of an evacuation order)
- **Food** - that won't spoil, such as canned food, energy bars and dried foods (remember to replace the food and water once a year)
- **Manual can opener**
- **Flashlight and batteries**
- **Candles and matches or lighter**
- **Battery-powered or wind-up radio** (and extra batteries)
- **First aid kit**
- **Special needs items** - 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 (travellers cheques are also useful) and change for payphones
- **Emergency plan** - include a copy in your kit, and photocopies of personal documents, such as passport and birth certificate.

## ... or buy one

You can buy an emergency kit online and in many stores across Canada. The Canadian Red Cross sells its Disaster Preparedness Kit at [www.redcross.ca](http://www.redcross.ca). St. John Ambulance and The Salvation Army have also jointly prepared an emergency kit, the Ready Kit, which can be purchased from retailers across Canada. You can find out which stores in your area by calling for more information.

## Plus, consider these additional emergency supplies for your kit...

- **Change of clothing and footwear** - for each household member
- **Sleeping bag or warm blanket** - for each household member
- **A whistle** - in case you need to attract attention
- **Garbage bags** - for personal sanitation
- **Toilet paper**
- **Safety gloves**
- **Basic tools** - hammer, pliers, wrench, screwdrivers, fasteners, work gloves
- **Small fuel-driven stove and fuel** - follow manufacturer's directions and store properly
- **Two additional litres of water** per person per day - for cooking and cleaning
- **Other personal care supplies**

## For more information call:

1-800-O-Canada

1-800-622-6232

TTY 1-800-926-9105

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