

The Red Cross recommends that you keep a disaster preparedness kit in your home with enough supplies to meet your family's needs for at least 72 hours. By taking the time now to store food, water and other supplies, you can provide for your entire family in the event of an emergency. The following list is a guide of suggested items to have in your disaster preparedness kit at home. It is important that you check it every year and to resupply it after every use.



Use this table as a checklist to ensure you are well prepared.

- Water
- Food (non-perishable)
- Manual can opener
- Crank or battery-operated flashlight, with extra batteries
- Extra keys, for your house and car
- First aid kit
- Cash in small bills
- Special needs items (i.e. medications, infant formula)
- Personal hygiene items
- Important family documents (i.e. copies of birth and marriage certificates, passports, licenses, wills, land deeds and insurance)
- A copy of your emergency plan

Additional items to consider

- Change of clothing and footwear for each person
- Plastic sheeting
- Scissors and a pocket knife
- Whistle
- Hand sanitizer
- Pet food and pet medication
- Garbage bags and twist ties
- Toilet paper
- Multi-tool or basic tools (i.e. hammer, wrench, screwdriver etc.)
- Duct tape
- Sleeping bag or warm blanket for each member of your house hold

It is important to store these supplies together in a sturdy and easy-to-carry bag, such as a backpack that can easily be used in an emergency situation. Get your kit at www.shop.redcross.ca.

Vehicle emergency preparedness kit

An emergency can happen at any time when you are in your car. Be prepared to help yourself and your family if you are ever stuck in your vehicle for an extended period of time. In addition to your emergency preparedness kit, it is recommended that you **keep the following items in your car:**

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| <input type="checkbox"/> Water | <input type="checkbox"/> Road flares |
| <input type="checkbox"/> Food (non-perishable) | <input type="checkbox"/> Work gloves |
| <input type="checkbox"/> Blanket | <input type="checkbox"/> Windshield washer fluid |
| <input type="checkbox"/> Extra clothing and shoes | <input type="checkbox"/> Jumper cable or batter pack |
| <input type="checkbox"/> Crank or battery operated flashlight, with extra batteries | <input type="checkbox"/> Sand, salt or kitty litter |
| <input type="checkbox"/> Road maps | <input type="checkbox"/> Shovel and ice scraper |
| | <input type="checkbox"/> De-icer (methyl hydrate) |