

# Emergency Supplies Checklist

All family emergency supplies should be kept together in a pack or kit close to the door or accessible from the outside.

<p><b>Food and Water</b></p> <p>Food and water are key elements to surviving a disaster. You and your family can assemble an emergency food pack using this list. Choose food that doesn't need refrigeration, requires little or no preparation, meets any special diet needs, is familiar to your family and is sealed for protection. Protect items from contamination by rodents, insects, humidity, ground water and variations in temperature.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Canned foods (e.g., prepared meats, seafood, meat spreads, sauces, stews, beans, vegetables, fruits, etc.)</li> <li><input type="checkbox"/> Freeze-dried foods (e.g., meats, vegetables, fruits, stews, soups, etc.)</li> <li><input type="checkbox"/> Instant foods (e.g., dried soups, sauces, cereals, cookies, crackers, seed butters, etc.)</li> <li><input type="checkbox"/> Infant needs - check with your family doctor to be certain your pack contains the proper nutritional requirements</li> <li><input type="checkbox"/> Food-related supplies (e.g., salt, aluminum foil, plastic wrap/bags, sealed containers for storage, plates/cups, etc.)</li> <li><input type="checkbox"/> Water - at least 4L per person per day for drinking, food prep, and hygiene</li> <li><input type="checkbox"/> In an emergency situation, if no drinking water is available, liquids may be obtained from canned fruits and vegetables and soft drinks.</li> <li><input type="checkbox"/> Other sources of water include hot water tank or reserve storage tank in toilet (some of these sources may only provide water for cooking, hygiene, or washing)</li> <li><input type="checkbox"/> If uncertain of water safety, you can boil water for a minimum of 6 minutes or use purification tablets or small amounts of chlorine bleach or iodine</li> </ul>
<p><b>Personal Toiletries</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Soap, detergent</li> <li><input type="checkbox"/> Face cloth</li> <li><input type="checkbox"/> Towel</li> <li><input type="checkbox"/> Toothbrush</li> <li><input type="checkbox"/> Toothpaste</li> <li><input type="checkbox"/> Toilet paper and wet wipes</li> <li><input type="checkbox"/> Personal Items (e.g., razor, lip balm, deodorant, feminine hygiene, comb, etc.)</li> </ul>
<p><b>First Aid Supplies</b></p> <p>First aid supplies, and training, may mean the difference between life and death for an injured family member. It's a good idea for at least one family member to have participated in emergency first aid courses, such as those offered by the Canadian Red Cross or St. John Ambulance. You should also have a well-stocked first aid kit containing suggested supplies listed below. Include copies of all drug and eyeglass prescriptions.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Adhesive bandages, assorted sizes</li> <li><input type="checkbox"/> Elastic bandages, assorted sizes</li> <li><input type="checkbox"/> Abdominal pads</li> <li><input type="checkbox"/> Sterile gauze pads, assorted sizes</li> <li><input type="checkbox"/> Thermometre</li> <li><input type="checkbox"/> Current First Aid Manual</li> <li><input type="checkbox"/> Heavy-duty clothes cutting scissors</li> <li><input type="checkbox"/> Forceps, splint</li> <li><input type="checkbox"/> Tweezers, scissors, nail clippers</li> <li><input type="checkbox"/> Pain tablets</li> <li><input type="checkbox"/> Anti-nausea tablets</li> <li><input type="checkbox"/> Hydrogen peroxide</li> <li><input type="checkbox"/> Antibiotic skin ointment</li> </ul>

<p><b>Identification &amp; Important Papers (copies)</b></p> <p>Be sure each family member carries personal identification.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Personal identification, e.g., wallet card, clothing label, ID bracelet with name, address, phone number, health problems (e.g., diabetes, heart conditions, allergies to medications, etc.)</li> <li><input type="checkbox"/> Home insurance</li> <li><input type="checkbox"/> Will</li> <li><input type="checkbox"/> Credit card numbers</li> <li><input type="checkbox"/> Records of passwords</li> <li><input type="checkbox"/> Out-of-area contact cards</li> </ul>
<p><b>Clothing</b></p> <p>In extremely cold conditions, you'll need multiple layers to reduce body heat loss. A hat and scarf can make a big difference because the areas of greatest heat loss from our bodies are the head and neck. In the summer, you will need protection against the sun and heat.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Baseball cap/toque</li> <li><input type="checkbox"/> Shoes and boots - warm, strong, waterproof</li> <li><input type="checkbox"/> Heavy wool socks</li> <li><input type="checkbox"/> Rain gear - rubber-coated nylon or canvas</li> <li><input type="checkbox"/> Coats and jackets - to match weather conditions</li> <li><input type="checkbox"/> Gloves - heavy-duty work gloves and leather mittens with wool liners</li> <li><input type="checkbox"/> Underwear and socks</li> <li><input type="checkbox"/> Extra sweaters, sweatshirts, etc.</li> </ul>
<p><b>Tools and Equipment</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Dust mask and eye protectors</li> <li><input type="checkbox"/> Signal flares, flag, Help/OK signs</li> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> Flashlight</li> <li><input type="checkbox"/> Radio (solar or battery)</li> <li><input type="checkbox"/> Batteries for flashlight and radio (check twice a year)</li> <li><input type="checkbox"/> Rope, nails, hammer, axe, shovel</li> <li><input type="checkbox"/> Candles</li> <li><input type="checkbox"/> Lighter/matches</li> <li><input type="checkbox"/> Folding knife</li> <li><input type="checkbox"/> Bottle/can opener</li> <li><input type="checkbox"/> Garbage bags</li> </ul>
<p><b>Medical Aids</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Spare eye glasses/contact lenses</li> <li><input type="checkbox"/> Prescription medications</li> </ul>
<p><b>Other</b></p> <p>For a complete emergency pack, consider adding these items</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Survival book</li> <li><input type="checkbox"/> Items for people with disabilities or special needs</li> <li><input type="checkbox"/> Infant supplies (e.g., diapers, bottles, etc.)</li> <li><input type="checkbox"/> Pet supplies (food, water, safety items)</li> <li><input type="checkbox"/> Blankets and sleeping bags</li> <li><input type="checkbox"/> Waterproof sheets</li> <li><input type="checkbox"/> Towels</li> <li><input type="checkbox"/> Cell phone charger</li> </ul>

	<ul style="list-style-type: none"><li><input type="checkbox"/> Space blanket</li><li><input type="checkbox"/> Cash in small bills including change</li><li><input type="checkbox"/> Wide tip permanent marker</li><li><input type="checkbox"/> Books, cards, items that make you feel comfortable</li></ul>
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