

# Emergency kit

It's important to think about different emergency kits according to your family situation.

## Basic kit

- water:** at least 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, soups, stews, baked beans, pasta, meat, chicken, fish, vegetables and fruit, crackers and cookies, honey, peanut butter, syrup, jams, salt and pepper, sugar, instant coffee, tea, chocolate, energy bars and dried foods (remember to replace the food and water once a year)
- equipment** : manual can opener, knives, forks and spoons , disposable cups and plates
- flashlight and batteries**
- candles and matches** or lighter (remember to place candles in sturdy containers and to put them out before going to sleep)
- battery-powered or wind-up radio** (and extra batteries)
- first aid kit**
- extra keys for your car and house**
- some cash** in smaller bills, such as \$10 bills (travellers cheques are also useful) and **change** for payphones
- a copy of your emergency plan** and contact information, a list of telephone numbers (schools, day care centre, relatives, etc.)
- important documents:** identification, passport, health insurance card, automated teller card, bank credit cards, home and car insurance policies, etc.
- clothing and shoes** (one spare set per person)
- blankets or sleeping bags** (one blanket or sleeping bag per person)
- toilet paper and other personal hygiene items** (toothbrush, toothpaste, dental floss, face cloth, towel, soap, shampoo, etc.)
- medication** (keep enough for approximately one week, with copies of your prescriptions for medication and glasses)
- whistle** in case you need to attract attention (three short blows on a whistle is the international distress signal)
- books, deck of cards, games, etc.** (reasonable amount, easy to carry)
- a notepad and pencils**