

Build your emergency kit

- Plan to be self-sufficient for a **minimum of 72 hours**.
- Keep your emergency kit in a dedicated location, change and restock items as needed seasonally, and refresh your store of water, food and medication regularly.
- Consider kits for your home, workplace and vehicle.

Essential items

- **Drinking water:** at least two litres of water/person/day, plus pets. Store in quantities that you can carry during evacuation. Add two additional litres/person/day for cooking and cleaning.
- **Food,** ready-to-eat that won't spoil: canned food (and manual can opener), energy bars and dried foods
- **Crank or battery-powered flashlight** (and extra batteries)
- **First aid kit**
- **Cellphone** with charger and alternate power source
- **Extra keys** to your car and home
- **Cash,** in smaller bills and change
- **Copy of your emergency plan** and contact information
- As applicable:
 - prescription medication
 - infant formula, diapers
 - equipment for people with disabilities
 - food, water, medication for pets (ensure you have a crate for each pet)

Recommended items

- **Candles and matches or lighter** (place candles in deep, sturdy containers and do not burn unattended)
- **Camp stove, fuel and cookware**
- **Change of seasonal clothing** and sturdy footwear for each person
- **Sleeping bag or warm blanket** for each person
- **Toiletries;** tampons/pads
- **Hand sanitizer**
- **Utensils**
- **Garbage bags**
- **Water purifying tablets**
- **Basic tools** (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife)
- **A whistle** (to attract attention)
- **Duct tape** (to tape up windows, doors, air vents, etc.)