Emergency Preparedness Kit Essentials

Emergency Management
Simcoe County

Every year emergencies and disasters strike communities across Canada. Emergencies can endanger your health and safety as well as damage your home and property. **Assemble an emergency kit** with the supplies your family would need to be self-sufficient for ***up to a week***.



Assembling your kit

- ☐ **Water** - Four (4) litres per person per day
  - Two litres for drinking
  - Two litres for washing, cooking and hygiene
- ☐ **Non-perishable food** - canned goods, dried food, energy bars and food that wont spoil
- ☐ Manual **can opener**
- ☐ **Flashlight and batteries**
  Battery-powered or wind-up **radio** (and extra batteries)
- ☐ **First aid kit**
- ☐ **Prescription medication** - Keep one week supply in your kit along with a copy of the prescription(s)
- ☐ **Special needs items** - infant formula or equipment for people with disabilities
- ☐ **Extra keys** - for your car and house
- ☐ **Cash** - ATMs, debit and credit card machines won't work in a power outage, so keep some spare cash in smaller bills in your kit
- ☐ **Emergency plan** - include a copy in your kit, and photocopies of important personal documents, such as passports, health cards and birth certificates

Check your kit at least once a year
Ensure all items are in working order and replace any food, water, batteries, and medications that will expire.

Additional Items

- ☐ **Change of clothing and footwear** for each household member
- ☐ **Sleeping bag or warm blanket** for each household member
- ☐ **Whistle** - in case you need to attract attention
- ☐ **Portable phone battery pack**
- ☐ **Candles and matches or a lighter**
- ☐ **Garbage bags** - for personal sanitation
- ☐ **Toilet paper** and personal hygiene products
- ☐ **Safety gloves**
- ☐ **Basic tools** - hammer, pliers, wrench, screw-drivers, fasteners, work gloves
- ☐ **Small fuel-driven stove and fuel** follow manufacturer's directions and store properly
- ☐ **Toiletries** - Soap, shampoo and hand sanitizer
- ☐ **Playing cards/games**