



Get Prepared

[Home](#) > [Emergency Kits](#) > [Basic emergency kit](#)

Basic Emergency Kit

You may have some of these basic emergency kit items already, such as a flashlight, battery-operated radio, food, water and blankets. The key is to make sure they are organized, easy to find and easy to carry (in a suitcase with wheels or in a backpack) in case you need to evacuate your home. Whatever you do, don't wait for a disaster to happen.

Print this page.

Check off the items for your 72-hour emergency kit as you accumulate them.

Basic Emergency Kit Items

Easy to carry

Think of ways that you can pack your emergency kit so that you and those on your emergency plan can easily take the items with you, if necessary

Water

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, energy bars and dried foods (remember to replace the food and water once a year)

Manual can opener

Flashlight and batteries

Battery-powered or wind-up radio

Extra batteries

First aid kit

Special needs items

Prescription medications, infant formula or equipment for people with disabilities

Extra keys for your car and house

Cash

Include smaller bills, such as \$10 bills (travellers cheques are also useful) and change for payphones

Emergency plan

Include a copy of it and ensure it contains in-town and out-of-town contact information

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Get Prepared

[Home](#) > [Emergency Kits](#) > [Additional emergency supplies](#)

Additional Emergency Supplies

The basic emergency kit will help you get through the first 72 hours of an emergency. In addition to this kit, we recommend you also have the following additional emergency supplies. Then you will be well equipped for even the worst emergency situations.

Print this page.

Check off the items for your 72-hour emergency kit as you accumulate them.

Additional Emergency Supplies

Two additional litres of water per person per day

For cooking and cleaning

Candles and matches or lighter

Place in sturdy containers and do not burn unattended

Change of clothing and footwear

For each household member

Sleeping bag or warm blanket

For each household member

Toiletries

Hand sanitizer

Toilet paper

Utensils

Garbage bags

Household chlorine bleach or water purifying tablets

Basic tools

Hammer, pliers, wrench, screwdrivers, work gloves, pocket knife

Small fuel-operated stove and fuel

Whistle

To attract attention

Duct tape

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