



Do You Have A 72-Hour Emergency Kit?

Use this checklist to stock a basic 72-hour kit and add items depending on your family's needs. Ideally, your kit should be stored in a waterproof and wheeled container. You may have to stay in your home without electricity or water, or you may have to evacuate your home for a period of time.

Food and water

- Four litres of water per person per day (for drinking).
- Food that doesn't require cooking and won't spoil, such as granola and protein bars, trail mix, dried fruit and canned tuna (remember to replace food and water once a year).

Equipment

- Manual can opener.
- Flashlight (wind-up or battery-operated) and batteries (replace batteries every year).
- Wind-up or battery-powered radio (replace batteries every year).
- Candles, lighter, waterproof/strike-anywhere matches.
- Pens and paper.
- Duct tape.
- Pocket knife.
- Cooking and eating utensils.
- Warm clothes and blankets or sleeping bags.
- Garbage bags.
- Whistle and flares (to attract attention).

Toiletries

- Cleaning supplies (hand sanitizer, dry shampoo, etc.).
- First aid kit.
- Toilet paper.
- Dish soap.
- Feminine supplies.

Special needs items

- Infant needs (diapers, formula, bottles, etc.).
- Prescription medicines.
- Extra pair of prescription glasses or contact lenses.
- Pet items (food, leash, muzzle, medication, etc.).

Personal documents and items

- A list of your emergency contacts (names and contact numbers).
- An extra set of house and car keys.
- Some cash in smaller bills.
- Copies of important documents like passports, birth certificates and insurance policies.