



Basic Emergency Kit Checklist	
	2L of water, per person, per day, in easily carryable bottles
	Non-perishable food items such as canned food, energy bars and dried food, replaced yearly
	Manual can-opener
	Crank or battery-powered flashlight (and extra batteries, replaced yearly)
	Crank or battery-powered radio (and extra batteries, replaced yearly)
	First aid kit
	Extra keys to your car and house
	Some cash in smaller bills, such as \$10 bills and change for payphones
	A copy of your emergency plan and contact information
	If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal (personalize according to your needs)

Recommended Additional Items	
	Two additional litres of water per person per day for cooking and cleaning
	Candles and matches or lighter (place candles in deep, 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
	Utensils
	Garbage bags
	Toilet paper
	Water purifying tablets
	Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife)
	A whistle (in case you need to attract attention)
	Duct tape (to tape up windows, doors, air vents, etc.)

More details and information can be found at: <https://www.getprepared.gc.ca/>