



Emergency Kits

Emergencies and disasters can happen at any time.

This could mean utilities are out, roads are closed and you can't get the crucial supplies you need.

You should be prepared to take care of yourself and your family for up to three days in the event of an emergency or disaster.

Keep your kit stored in a place everyone in your family knows about.

Make Sure your 72 Hour Emergency Kit contains:

- ☐ Flashlight and batteries
- ☐ Radio and batteries or crank radio
- ☐ Spare batteries
- ☐ Family first aid kit
- ☐ Candles and matches/lighter
- ☐ Extra car keys and cash
- ☐ Important papers (identification)
- ☐ Clothing and footwear
- ☐ Blankets or sleeping bags
- ☐ Toilet paper and other personal items
- ☐ Medication, spare glasses, aids
- ☐ Whistle, (to attract attention, if needed)
- ☐ Playing cards, games, toys
- ☐ Manual can opener, bottle opener
- ☐ Map of the City
- ☐ Duct tape and plastic sheeting
- ☐ Corded telephone (non electricity dependent)
- ☐ Baby supplies/diapers
- ☐ Pet food and supplies
- ☐ Pocket knife or multi tool
- ☐ Container or back pack or bag for your kit
- ☐ Cook stove, lantern and fuel (follow manufactures instructions; never use barbecues indoors)
- ☐ Disposable; cups and plates; knife, forks and spoons
- ☐ Water at least four litres per person per day (bottled) should be allocated – two for drinking and two for food preparation, hygiene and dishwashing. Keep a supply of water purification tablets on hand as well.
- ☐ Food for 3 days per person

Choose ready-to-eat foods that your family likes and that don't need refrigeration: Canned food, such as soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits. Crackers and biscuits, honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee, tea.

Note: Consume and replace canned food and dry goods once a year.

Know the risks

Make a plan

Prepare a kit

Why 72 Hours?

People must be prepared to cope on their own for at least the first 72 hours (three days) of a disaster. This allows emergency workers to focus on people in most urgent need.

Preparation you can't live without.

Grab and Go bag

If you are asked to evacuate to a reception centre, or family/friend's residence, bring with you:

- Clothing and footwear
- Prescription drugs (check dates /rotate supply)
- ID/photos of family
- Personal care items
- Hand sanitizer
- Non-perishable healthy snacks
- Playing cards, Games, iPod, etc.
- Baby supplies and diapers
- Duffle bag or back pack for kit

Important papers, insurance, contact - phones numbers, certificates, health cards, etc.

Car Emergency Kit

- Flashlight and batteries
- Radio and batteries or crank radio
- Spare batteries
- Vehicle first aid kit, safety seatbelt cutter
- Candles and matches/lighter
- Booster cables, tow chain/rope
- Fire extinguisher (ABC type)
- Tire pump/inflator and tire gauge
- Gas container, vehicle fluids survival blankets, hot packs
- Loud whistle, emergency/help sign
- Emergency food/water
- Emergency flares and safety triangle
- Shovel, multi tool, snow brush/scrapper
- Sand, salt or kitty litter, traction mats
- Compass, road maps paper towels or cloth

Pet Emergency Kit

- Include a three-day supply of pet food and water
- Bowls and medications
- Paper towels, can opener
- Blanket, small toy
- Sturdy leash, harness, collar
- Cat litter pan, plastic bags
- Carrier for transportation, crate
- Medical-vaccination records, current photo
- Up-to-date ID tag, copy of licence Muzzle if required

Apartment Emergency Kit

- Flashlight and batteries
- Building manager or superintendent contact information
- Know where all escape routes and location of emergency doors and exits are on each floor
- Personal alarm (or whistle) to draw attention to your whereabouts

Seniors' Emergency Kit

- Medic alert bracelet and identification
- List of medication, prescriptions, allergies and special food requirements
- Service animal emergency kit, mobility support requirements

Special Needs Emergency Kit

- Set up a support network with family, friends and a out of town contact
- Extra, spare assistive devices, hearing aids, glasses, personal amplifier
- Alternate/back up plan on any life sustaining equipment or apparatus
- Medical testing equipment (kits) supply of testing strips, record book, alarms
- Think of any special needs someone in your family might have, and include any other items that your family would need. Here are some suggestions:

Babies/toddlers

- Diapers, bottled milk, extra cloths, formula and food, toys, crayons and paper

Other family members

- Keep at least one week's supply of medication in your emergency kit and include extra eyeglasses, spare batteries for medical appliances and an extra oxygen cylinder if needed. Include copies of prescriptions for your medicine and glasses



For more tips on emergency preparedness:

www.london.ca/emergency www.ontario.ca/emo www.GetPrepared.ca