

Get an emergency kit!

Assemble one...

Basic emergency kit checklist:

- **Water** — two litres of water per person per day (include small bottles)
- **Food** that won't spoil, such as canned food, energy bars and dried foods (replace once a year)
- **Manual can opener**
- **Wind-up or battery-powered flashlight** (and extra batteries)
- **Wind-up or battery-powered radio** (and extra batteries)
- **First aid kit**
- **Extra keys** for your car and house
- **Cash, travellers' cheques** and change
- **Important family documents** such as identification, insurance and bank records
- **[Emergency plan](#)** — include a copy in your kit as well as contact information

Consider these additional emergency kit 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 and personal hygiene items
- Hand sanitizer, toilet paper and garbage bags
- Prepaid phone card, mobile phone charger
- Pet food and supplies
- Infant formula, baby food and supplies
- Activities for children like books, puzzles or toys
- Prescription medications, medical equipment
- Utensils, plates and cups
- 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

...or buy one

You can buy an emergency kit or a car kit online and in various stores across Canada. Other kits and emergency supplies are also available for sale from other commercial entities.

For more information call: 1 800 O-Canada (1-800-622-6232) TTY 1-800-926-9105