



Checklist for your emergency kit

Below you'll find examples of useful items to have at home. You should review your needs and update your supplies regularly. Remember that family, friends, and neighbors can cooperate on personal preparedness.

Food and water

- ☐ Clean drinking water stored in kegs or bottles.
- ☐ Food that can be stored at room temperature.
- ☐ Gas barbecue grill, cooker or camping stove.
- ☐ Extra gas canister or fuel.
- ☐ Food and water for any pets.
- ☐ Some cash and multiple payment cards.

Heating and lighting

- ☐ Warm clothes, blankets, duvets and sleeping bags.
- ☐ Matches and candles.
- ☐ Firewood if you have a wood-burning stove or a fireplace.
- ☐ Gas heater or paraffin stove intended for indoor use is an alternative to wood-burning.
- ☐ Arrangements for accommodation if you do not have an alternative heating source.
- ☐ Flashlights/torches or head lamps that use batteries, cranks or solar power to operate.

Information

- ☐ DAB radio that uses batteries, cranks or solar power to operate.
- ☐ Batteries and fully charged power bank(s).
- ☐ List (hard copy) of important phone numbers, such as emergency numbers, urgent care, veterinarian, family members, friends and neighbours.

Medicines and hygiene

- ☐ Medication and first-aid equipment.
- ☐ Iodine tablets (applies to children, adults under age 40, and pregnant and breastfeeding persons).
- ☐ Personal hygiene items, such as wet wipes, hand sanitizer, diapers/nappies and menstruation products.