



# Personal Emergency Kit Checklists

## Planning ahead for an emergency

Emergencies can happen any time and that's why it's important for you to take the necessary steps to make sure you are personally prepared. A simple emergency kit that's easily accessible, portable and stocked with all of the essentials, can make all the difference during an emergency situation.

These checklists outline many of the items you should have in your first aid and emergency kits, at home and in your car.

Make sure to read a first aid manual so you'll understand how to use the contents in the kit. If your children are old enough to understand, review the manual with them as well. It's important to store first aid kits in places that are out of children's reach, but easily accessible for adults. Check the kits regularly and replace missing items or medicines that may have expired.

You should have a copy of this document, at home, in your car and another in your emergency bag.

## What's in a first aid kit?



- Carrying device bag/box
- First aid manual
- Sterile gauze
- Adhesive tape
- Triangular bandage
- Adhesive bandages in several sizes
- Elastic bandage
- Antiseptic wipes
- Soap
- Antibiotic cream (triple antibiotic ointment)
- Antiseptic solution (like hydrogen peroxide)
- Mouthpiece for administering CPR  
(can be obtained from your local Red Cross)
- Hydrocortisone cream
- Tweezers
- Sharp scissors and safety pins
- Disposable instant cold packs
- Calamine lotion
- Alcohol wipes or ethyl alcohol
- Thermometer
- Latex gloves (at least two pairs)
- Flashlight and extra batteries
- List of emergency phone numbers
- Blanket (stored nearby)
- Acetaminophen and ibuprofen

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## Emergency Kit: Home

- Contents**
- Backpack/duffel bag
- Portable/wind-up radio
- Candles, matches and flashlight
- Spare batteries of different sizes
- Important papers  
(see section on important papers)
- Prescription drugs  
(check expiration dates)
- Money
- Loud whistle
- Spare car keys
- Baby/pet food
- First aid kit (see section on first aid kit)
- Food/bottled water  
(enough for three days)
- Fondue pot/fuel/cook stove  
plates/forks and utility knife
- Spare eye glasses and/or contacts
- Warm blankets/survival blankets
- Clothing/footwear
- Can opener
- Toilet paper/personal supplies
- Hand sanitizer

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## Emergency Kit: Car

- Contents**
- Shovel/axe/hatchet
- Sand/salt
- Booster cables
- Flares
- Loud whistle
- Cellular phone/phone charger/  
change for public pay phone
- Multi plier/multi tool/  
utility knife
- Survival blanket
- Fire extinguisher
- First aid kit (see page 1)
- Flashlight with batteries
- Can opener/forks/spoons, etc.
- Tire pump/inflator
- Warm clothing/boots/  
water proof jacket
- Emergency/help sign  
for dashboard
- Hand sanitizer
- Wiper fluid/ice scraper
- Spare tire
- Emergency phone numbers
- Road maps/compass
- Candles and matches
- Non-perishable food items/water/  
paper towels

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## Important Papers

- Contents**
- Wills/powers of attorney
- Insurance policies
- Credit card numbers and expiry dates
- Citizenship papers/passports/  
birth and marriage certificates
- Mortgage and other  
loan information
- Social insurance numbers
- Eye glass/contact lens prescriptions
- Medication identification numbers
- Cheques and money
- Doctor's name and contact information  
in case of emergency treatment
- Contact list with emergency  
phone numbers
- Driver's licence number
- Health card numbers
- Copy of driver's license
- Bank account numbers
- Contact information for  
power, light, gas or other  
utility companies

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## Resources

### Emergency Management Ontario

[www.mpss.jus.gov.on.ca/english/pub\\_security/EMO/about\\_emo.html](http://www.mpss.jus.gov.on.ca/english/pub_security/EMO/about_emo.html)

### Centres for Disease Control and Prevention

[www.cdc.gov](http://www.cdc.gov)

### Centre for Emergency Preparedness and Response

<http://www.phac-aspc.gc.ca/cepr-cmiu/>

### World Health Organization

[www.who.int](http://www.who.int)

### Public Safety and Emergency Preparedness

[www.ociepep-bpiepc.gc.ca](http://www.ociepep-bpiepc.gc.ca)

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## Want to know more?

For more information on preparing a personal Emergency Kit, call 1-866-801-7242 (TTY 1-800-387-5559) or click here [www.health.gov.on.ca/english/public/program/emu/emu\\_mn.html](http://www.health.gov.on.ca/english/public/program/emu/emu_mn.html)