

72-Hour Emergency Kits

In an emergency, it may take emergency workers some time to reach you. Be prepared by having a 72-hour kit that can hold supplies to support you and your household for three days in an emergency situation. If you have a car, consider keeping an emergency kit in your vehicle, especially for the cold weather season.

Household Emergency Kit

- Non-perishable food items (canned and packaged food such as soups, stews, baked beans, pasta, meat, fish, fruit, crackers, biscuits, honey, peanut butter, jam, etc.).
- Manual can opener.
- Bottled water, 4 litres per person per day (2 for drinking and 2 for hygiene and washing).
- Crank or battery operated radio.
- Flashlight with batteries.
- Candles and matches (lighter).
- First Aid kit.
- Personal hygiene items (toilet paper, feminine products, hand sanitizer, etc.)
- Pocket knife or multi-tool.
- Whistle.
- Cash money (small bills and change).
- Special needs items for babies, pets, elderly (as required).
- Garbage bags and zip-lock bags.
- Duct tape.
- Copies of important papers (insurance, medications, personal contacts, etc.).
- Emergency document holder.
- Spare chargers for important electronics.

Note: consume and replace water and canned goods annually.

Emergency Car Kit

- Food that won't easily spoil, such as energy bars.
- Water in plastic bottles so they won't break if frozen.
- Blanket or sleeping bag.
- Extra clothing and shoes.
- First aid kit and a seatbelt cutter.
- Small shovel, scraper, and snowbrush.
- Hand and foot warmers.
- Wind-up flashlight.
- Whistle.
- Road maps.
- Copy of emergency plan and personal documents.

Also, keep these inside your trunk:

- Sand, salt or cat litter (non clumping).
- Antifreeze/windshield washer fluid.
- Tow rope.
- Jumper cables.
- Fire extinguisher.
- Warning light or road flares.