

BE PREPARED: BUILD A 72⁺ HOUR KIT

In the event of an emergency, government services might not be available to help you right away. You will likely need to be able to take care of yourself and your family for at least 72 hours without electricity or perhaps even running water. Make sure you check your kit at least once a year and dispose of expired products or ones that don't work any longer. The kit should be customized to meet your family's needs. The following list should help get you started.

GENERAL 72-HOUR KIT

- Food: Should be non-perishable, able to be prepared without electricity, and something your family enjoys. Pack enough for everyone to eat for 72 hours (3 days).
- Water: Clean drinking water, 4L/person/day (so a family of 4 would need 48 L of water)
- Food preparation tools and utensils
- Can opener (manual)
- First aid kit
- Medications: prescription and over-the-counter. Preferably a week's supply. Depending on medical condition, other supplies may also be needed, such as glucometer & spare test strips, nebulizer, oxygen tank, and syringes.
- Flashlights/battery-powered lanterns (preferred over candles for safety reasons) and extra batteries
- Weather radio and extra batteries
- Hand sanitizer
- Extra house and car keys
- Cash (you will likely not be able to use debit or credit cards when the power is out)
- A basic landline phone (that will work if the power is out)
- Cell phone car adapter, external battery packs to charge your cell phone (to be used sparingly)
- Hygiene kit (toothbrushes, toothpaste, floss, hairbrush, soap, feminine hygiene items etc.)
- Your family emergency plan and list of important contacts
- Copy of your insurance policy
- Clothing
- Blankets/sleeping bags
- Whistle
- Toilet paper
- Garbage bags
- Duct tape, pocket knife or multi-tool
- Playing cards, board games or other entertainment that doesn't need electricity
- A backpack or wheeled bag (put as much of your kit in here as you can for easier evacuation if needed).
- Optional: a backup generator with enough output to power vital appliances. This is most often needed by those in remote areas, home business owners, farmers, and those more sensitive to losses of electricity.

ADDITIONAL KIT CONSIDERATIONS:

You may have others in your family that require some extra items in the kit.

INFANTS/SMALL CHILDREN

- Diapers and wipes, any creams etc.
- Formula or baby food (if used)
- Blankets
- Pacifier
- Toys
- Bibs and waterproof pads

PEOPLE WITH DISABILITIES

- Requirements will vary depending on the individual's needs, below are some possibilities.
 - Spare mobility aid and parts (e.g. cane, walker, crutches, brace, extra wheelchair battery)
 - Spare glasses, hearing aid, hearing aid batteries, long cane
 - Service animals: A spare harness, copy of ID, and a pet kit (see below).

PETS

The items required will depend on the type of pet. For example:

- Food
- Extra water
- Bowls
- Supplements (if needed)
- Hygiene/grooming items (e.g. brush)
- Stoop and scoop bags
- Bedding/cage/crate
- Spare collar and leash
- Toys
- Pet records
- Phone numbers for pet-sitters, pet-friendly hotels, and local SPCA.

BUSINESSES

Business owners should consider having a basic 72-hour kit at work in case you or your employees are stranded at work in an emergency.

CAR KITS

A car kit is also a good idea to have prepared in case you are stranded in your car, especially in the winter.

- Shovel, spare car scraper
- Whistle
- Extra gloves and hat
- Warm blankets
- Map book
- Fire extinguisher (in the trunk)
- First aid kit
- High protein snacks, water
- Flashlights and batteries
- Pylons, warning light/flares
- Windshield washer fluid (in the trunk)
- Keep your gas tank at least ½ full in the winter.

FURTHER READING

- <http://getprepared.gc.ca>
- www.emergencymanagementontario.ca