



Building an Emergency Kit for Home

- Winter Preparedness

- Other emergencies

Getting or making an emergency kit is a very important step in ensuring you are ready for emergencies. You should have an emergency preparedness kit in your home with enough supplies to meet the needs of your entire household for at least 3 days.

Some disasters, such as floods, wildfires and major power outages, winter storms can create very unsafe conditions. If your safety is at risk, community officials may ask you to either take shelter at home, or evacuate to a safer place. If asked to evacuate, you may have only minutes to get what you need and leave. Having an emergency kit that you can either use at home or grab and take along will help you be prepared and get to the evacuation point quickly, if needed.

Building a kit might seem expensive, but it doesn't need to be, and it is worth the effort! **Taking the time now to store food, water and supplies, you can provide for yourself and family will help in the event of an emergency.**

HERE ARE SOME TIPS TO GET YOU STARTED:

- See what you have in your home first. Try not to spend if necessary. Non-perishable items in your pantry, cupboard. Purchase items when they are on sale.
- Start with basic essentials and build on your emergency kit and list. **SEE ATTACHED CHECKLIST.**

- Purchase a couple of items from your list each week or month to help spread out the cost.
- Ask your family and friends if they have any spare items, they are willing to give you that are on your list. You may want to consider checking out garage sales or reaching out on social media as well.
 - When you're buying food for your kit, consider these points:
 - **Buy items with a long shelf life.** Check the best before dates on cans, boxes and bags and look for items that will not expire quickly.
 - Make sure larger food items you buy don't need to be refrigerated after they are opened. **During a disaster, the power may be out for hours or even days,** meaning leftovers would need to be thrown out.
 - Regularly check the best before and expiry dates on the food in your kit. When the date is getting close, take it out of the kit and replace it with a new item. You can eat the items that were closer to expiry so that they don't get thrown out.

Taking small steps towards being prepared will make a big difference during a disaster or emergency. It will be time and money well spent.



CHECKLIST AND GUIDELINE TO BUILD AN EMERGENCY KIT

ESSENTIAL ITEMS

Water for drinking – at least 1L per person per day (2L if including pets) for at least 3 days.

Water for cleaning and hygiene: 2L per person/per day

Non-perishable food for at least one day, such as: Ready-to-

eat canned food (meats, fruits, vegetables) Protein, granola

or fruit bars

Dry cereal or granola

Trail mix

Peanut butter

Dried fruit

Dried meat

Oatmeal

Apple sauce

Canned juices

Non-perishable pasteurized milk

Food for infants

Tip

Even non-perishable foods have expiry dates. Check your kit every year and replace the food as needed.

Manual can opener (if you include canned food items) and utensils

Items you cannot be without, such as medications (with copies of your prescriptions), extra eye glasses or contacts, baby supplies (diapers, formula, food, toys), hearing aids, dentures, diabetes supplies, walkers, pet foods and medications, etc., to last at least 3 days.

Crank or battery-operated flashlight, with extra batteries

First aid kit

Personal hygiene items

Supplies for your pet, including: food

Warm clothing and Blankets



ADDITIONAL ITEMS TO CONSIDER

- Traditional medicines and/or easily portable ceremonial items that you use or want to have with you.
- Traditional foods – canned food, dried meat etc..
- Change of clothing and footwear for each person in your household
- Garbage bags and twist ties
- Toilet paper
- Axe – cut wood for fire
- Sleeping bag or warm blanket for each member of your household
- Toys, games, books, deck of cards