

72-hour emergency preparedness kit

Having a 72-hour kit will help keep you and your family safe in the event of an emergency impacting the town. Use this checklist as the starting point for building your kit, and then add more as appropriate to your family's needs:

Food & Water (Replace once per year)

- Four litres of water per person, per day, for drinking
- Non-perishable food that doesn't require cooking (ie. granola bars, protein bars, trail mix, canned tuna, etc.)

Equipment (Replace batteries annually)

- Candles, a lighter, and waterproof matches
- Flashlight (wind-up/battery operated)
- Pens and paper
- Garbage bags
- Radio (wind-up/battery operated)
- Duct tape
- Pocket knife
- Eating/cooking utensils, and manual can opener
- Warm clothes and blankets
- Whistle and flares that can be used to attract attention, if needed
- Hand/foot warmers

Toiletries

- First aid kit
- Toilet paper
- General toiletries (ie. dry shampoo, toothbrush, toothpaste, etc.)
- Feminine supplies
- Dish soap
- Hand sanitizer

Other Considerations

- List of emergency contact names and numbers
- Personal identification, health care numbers, insurance policies, etc.
- Infant needs (ie. diapers, formula, bottles, etc.)
- Prescription medications
- Pet items (ie. food, medication, etc.)
- Some cash (no large bills)
- Extra sets of house and vehicle keys
- Cellphone and charging banks (pre-charged)

Remember to store your kit in a waterproof container with a tight seal, in an easily accessible area of your home. This kit will come in handy if you end up without electricity or water, or in the event of an evacuation.