



# EMERGENCY KIT

## 72 HR CHECKLIST

### BASICS

- Water — two litres of water per person per day (include small bottles)
- Food that won't spoil, such as canned food, energy bars and dried foods (replace once a year)
- Wind-up or battery-powered flashlight (and extra batteries)
- Wind-up or battery-powered radio (and extra batteries)
- First aid kit
- Extra keys for your car and house
- Cash in smaller bills, such as \$10 bills and change
- Important family documents such as identification, insurance and bank records
- A copy of your emergency plan and contact information
- If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal (personalize according to your needs)

### VEHICLE KIT

- Blanket
- Candle in a deep can and matches
- Extra clothing and shoes
- First aid kit with seatbelt cutter
- Flashlight (crank or battery-powered). Replace batteries once a year.
- Food that won't spoil (such as energy bars)
- List of contact numbers
- Radio (crank or battery-powered). Replace batteries once a year.
- Small shovel, scraper and snowbrush
- Warning light or road flares
- Water
- Whistle

72  
HOURS