

## Family Emergency Supply Kit (2pgs)

### Water:

- Store water in plastic containers such as clean, soft drink bottles or purchase sealed bottled water in bulk
- **Store at least four litres of water per person per day** (two litres for drinking, two litres for food preparation/sanitation)
- Keep at least a three-day supply of water for each person in your household
- Store water purification tablets or chlorine bleach and an eyedropper to disinfect water

### Food:

- **Store at least a three-day supply of non-perishable food**
- If you must heat food, pack a can of commercial heating/cooking fuel or a portable camp cook stove - *do not use a barbecue indoors*
- Rotate your stored food items every six months

### Tools and Supplies:

- Mess kits or paper cups, plates and plastic utensils
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or travelers' cheques, credit cards, change
- Non-electrical can opener, utility knife
- Fire extinguisher (small canister, ABC type)
- Shut-off wrench to turn off household gas and water
- Tube tent
- Duct tape
- Pliers
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread

### Non-prescription Drugs:

- Pain relievers (ie: acetaminophen)
- Anti-diarrhea medication
- Sun screen (SPF 15 or higher)
- Antacid (for stomach upset)
- Laxative

### First Aid Kit should include:

- First Aid manual
- Sterile adhesive bandages in assorted sizes
- 2 inch sterile gauze pads (4-6)
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- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2 inch sterile roller bandages (3 rolls)
- 3 inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Moistened towelettes
- Antiseptic or antiseptic towelettes
- Thermometer
- Tongue depressor (2)
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)

**Clothing and Bedding:**

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves, scarves
- Thermal underwear
- Sweaters

**Special Items:**

*Remember family members with special needs, such as infants and elderly or disabled persons.*