

Basic Survival Kit

When preparing for a disaster, it is important to have a basic survival kit in place to ensure that you and your family will be able to sustain yourselves for an extended period of time. Here are some items to include in your emergency survival kit:

Basic Equipment: (Store these items in a portable container and keep it accessible).

- Small, fuel-driven stove and fuel (follow the manufacturer's directions and store properly).
- Waterproof matches, plastic garbage bags, duct tape, and paper towels
- Disposable plates and glasses, knives, forks, spoons, manual can-opener and bottle opener

Food and Water: (Keep enough water and non-perishable food to meet your needs for at least 3 days. Check the food and replace the water every year).

- At least four litres of bottled water per person, per day
- Canned food: soups, stews, beans, pastas, meat, poultry, fish, fruits, and vegetables
- Energy bars and dried foods
- Honey, peanut butter, nuts, syrup, jams, salt and pepper, sugar, instant coffee and tea

Survival Items:

- Food and water
- Flashlight and spare batteries
- Crank or battery-operated radio (portable stereo and headphones)
- Candles and matches or lighter
- Whistle (in case you need to attract attention)
- Toiletries, spare eyeglasses and other personal items
- First aid kit, prescription drugs
- Extra set of keys and money (including small change for pay telephones)
- Copies of your important documents (identification, personal papers, etc.)
- Winter clothing, boots and blankets or sleeping bags

REMEMBER:

When preparing your emergency survival kit, keep in mind that all family members could have their own kit and another bag could be devoted to equipment, food and extra bottles of water for the whole family.

Keep special needs in mind. For instance, if you have a baby, don't forget to include supplies like diapers, powdered milk, a bottle and a pacifier in your emergency kit. Think about the needs of older or disabled people in your family. If you have pets, put aside a small bag of food for them.

Make copies of all your prescriptions and keep a minimum one-week supply of medications in your emergency kit.