



Being Prepared for an Emergency

For The Home:

The Calgary Health Region recommends that you and your family maintain enough emergency supplies to be self-sufficient for at least 72 hours. This **72 hour emergency preparedness kit** should contain basic necessities such as a supply of food and clean water, as well as the following items:

(Use the following as a checklist)

- Water** – minimum of 2 litres per day for drinking, preferable 4 litres per person per day for drinking, cooking, and hygiene



- Food** – items that won't spoil, such as energy bars, dried foods, canned foods + manual can opener (remember to replace food and water once a year)



- Flashlight & Batteries** (or wind-up)



- Candles & Matches / Lighter**



- First Aid Kit** (recommend that at least one member be trained in first aid)



- Radio** – battery powered or wind-up



- Special Items** - prescription / nonprescription medications
 - baby supplies as well as infant formula
 - pet supplies (food)
 - equipment for people with disabilities
 - duct tape
 - sleeping bags
 - clothing / footwear
 - shovel, knife, scissors, plastic cutlery, basic tools, whistle



- Extra Money** - (\$20-\$30)



- Personal Care Supplies** – such as personal hygiene toiletries and toilet paper

- Emergency Contact Numbers** – know where family members will go if you are separated

- Portable Cooking Device** – fondue or camping stove



- Important Documents** – insurance policies, proper identification, etc.



Place all emergency supplies in a sturdy backpack, duffel bag, or suitcase that is easily accessible. Make sure everyone in the household knows where the emergency kit is located.



Pre-packaged emergency preparedness kits can be purchased from the following retailers:

- Zellers
- Canadian Tire
- True Value Hardware
- London Drugs
- Sears

Emergency preparedness kits may also be ordered online from the following retailers:

- F.A.S.T. First Aid & Survival Technologies Ltd. (www.fastlimited.com)
- Canadian Red Cross (www.redcross.ca)
- International Survival Supplies Ltd. (www.survivalsuppliesltd.com)

For The Car:

Similar to your home, it is also recommended that you keep an emergency kit in your vehicle. This kit should contain all of the items suggested for the **72 hour emergency preparedness kit** in addition to the following:

- Emergency Blanket



- Warning Light or Road Flares



- Small Shovel



- Tow Rope



- Booster Cables



- Work Gloves



- Plastic Bags



Don't wait for an emergency to happen! Taking a few simple steps today, may save your life or the lives of loved ones.