



## Home and Shelter-in-Place Kit

After a disaster, it's best to remain in your own home if you can do so safely. You will need supplies for cooking, making temporary repairs and providing comfort for your family. The emergency supplies should be kept separate from the things you normally use, to ensure they are available and in working order.

- Potable (drinkable) water:** 4 litres per person per day for at least 7 days, plus water for pets.
- Food, emergency stove and cooking equipment:** a variety of long-storing healthy foods that do not need refrigeration and are easy to prepare and eat under difficult conditions, such as nutritious canned food.
- Health and safety:** home first aid kit and first aid manual; power failure lights for halls/stairwells; fire extinguishers.
- Communications:** a landline phone that operates on a phone jack and does not require electrical power (corded phone) or an emergency radio (battery- or solar-powered, or wind-up).
- Heat, light and warmth:** sleeping bags, Mylar blankets, ground sheets or air mattresses, newspaper (for insulation); camping tent or tarpaulin and ropes (in case house is unsafe and there are no other alternatives); a variety of clothing for all temperatures; flashlights with lots of batteries, light sticks, battery-powered or solar lanterns.
- Sanitation and hand-washing:** duct tape, lots of plastic garbage bags, emergency toilet kit, disposable gloves, outside garbage can for disposal of waste bags, toilet paper, baby wipes, liquid soap, alcohol-based hand sanitizer, and paper towels.
- Rescue, repair and clean up:** tarpaulins, nylon ropes, duct tape, plastic sheeting and/or large garbage bags; axe, crowbar, hacksaw; aluminum shut-off wrench for gas meter; head lamp, work gloves, dust masks, coveralls, sturdy shoes, goggles, rags, non-permeable disposable gloves, clean utility water (non drinkable), detergents, and large, clear plastic garbage bags for taping over broken windows.
- Household generator and fuel:** especially for needs such as refrigerated medication, medical appliances and equipment, etc. Generators must never be operated in the house or other enclosed space. Generators may be a target for theft if left unattended.

**TIP:** Include items for family comfort like games, toys and books. Personalize your kit to meet your family's needs.

**TIP:** Keep shoes and a flashlight under your bed in the event an emergency happens when you're asleep in the middle of the night.

**TIP:** Try to store an emergency kit outside (in a shed or garage) in case you can't access your home.

**TIP:** Don't store water containers directly on concrete as chemicals can leach from the concrete and contaminate the water.

Source: PrepareYourself.ca "Prepare Yourself: A Guide to Emergency Preparedness in the Capital Region"

A collaborative project of Building Resilient Neighbourhoods and the City of Victoria





## Grab & Go Bags

### Checklist

A disaster could force you to spend an extended time away from home. Ahead of time, you should put together an easily accessible small Grab & Go Bags with enough food, water and personal supplies that will enable you to be as comfortable as possible for at least 6–12 hours. Every person and pet in your family should have a bag with basic survival supplies and other items that meet their personal needs.

#### Basic Survival

- Two small bottles of water, two energy bars, chewing gum
- One week's worth of prescription medication and copy of prescriptions
- Extra pair of eye glasses, batteries for hearing aids, etc.
- Emergency blanket (Mylar 'space blanket')
- Emergency rain poncho or large plastic garbage bag
- Whistle and dust mask (earthquakes can stir up thick clouds of dust)
- Emergency radio/flashlight with extra batteries
- Multi-tool/Swiss army knife
- Mini first aid kit – items such as pain tablets, eye drops, ointment, nitrile gloves, foil pack of water, etc.

**TIP:** Check your kits twice a year to rotate supplies before they expire (e.g. batteries, medications, food, water). You can work this into a family drill and use your Kits to see what you may be missing. Be sure to replace what you use!

#### Security, Peace of Mind

- Key contacts list, cell phone and phone card
- Supply of cash in small bills and coins
- Recent photos of family and pets
- Photocopies or password-protected USB drive of important wallet contents and insurance policies
- Notebook and pen or retractable pencil
- Spare keys for home, car, other
- Book, cards, puzzles
- Chargers and adaptors for cell phones and other electronics included in your Grab & Go Bag

#### Warmth

- Hand and foot warmers (chemical packets, two of each)
- Pair of socks (wool is warmest when wet)
- Toque/knitted hat
- Gloves/mitts
- Neck scarf
- Sweat pants and zipper hoody

#### Comfort & Sanitation

- Basic toiletries (e.g. toothbrush, toothpaste, soap, hand towel)
- Alcohol-based hand sanitizer
- Change of underwear
- Toilet paper, packet of baby wipes, Ziploc bags
- Flip flops (for use in public showers)
- Small, rapid-dry camping towel

#### For Young Children

- Ziploc bag of important documents:
  - Full name, address, date of birth and recent photo of child
  - Names and current photo ID of adults authorized to accompany child (including family members and legal guardians)
  - Name and address of school, family doctor and dentist
  - Immunization history, allergies, current medications and instructions
- Small stuffed toy or other favourite item

Source: PrepareYourself.ca "Prepare Yourself: A Guide to Emergency Preparedness in the Capital Region"



## Emergency Kit for Kids

### Checklist

Consider including the following items in your child's kit for comfort and safety in an emergency.

- Snacks
- Water bottle
- Blanket
- Flashlight
- Band-Aids
- Emergency contact phone numbers
- Photo of family/pet(s)
- Health information
- Small toys or books
- Mobile phone/device and charger
- Carrying harness
- Change of Clothes (include sweaters)
- Diapers
- Cleaning Wipes
- Other:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Car/Mobile Kit

### Checklist

If you spend a lot of time in your vehicle, boat or RV, you should have separate emergency kits in each.

Regularly maintain your vehicles and keep the fuel tanks at least half full so you're ready to leave in a hurry. Even if you do not have to evacuate, your vehicle can be a place for shelter and to recharge your cell phone, warm up or listen to radio reports.

### Basic Items in a Backpack

- Two bottles of water
- Simple food (e.g. unsalted nuts, granola bars)
- Small first aid kit
- Walking shoes
- Road map and compass
- Shovel, traction aids
- Flashlight (extra batteries)
- Sweat pants and zipper hoody
- Light sleep bag
- If space permits, you may wish to include the following:
  - Toilet tissue and Ziploc bags
  - Deck of cards, book
  - Duct tape and garbage bags
  - Work gloves
  - Axe, crowbar and fire extinguisher
  - Flares, reflective vest(s)
  - Hardhat, eye goggles and coveralls
  - Ice scraper and brush
  - Jump starter and power bank (Eliminator)

**TIP:** Plastic water bottles will absorb vehicle fuel vapours. Foil packs are a good option for mobile kits, or place plastic bottles in a sealed plastic container.

**TIP:** A plastic storage bucket for vehicle/mobile supplies can be converted to a toilet if needed. Small, portable toilet seats can be purchased for some types of buckets.

Source: PrepareYourself.ca "Prepare Yourself: A Guide to Emergency Preparedness in the Capital Region"



## Emergency Kit for Pets

### Checklist

Below are some ideas on what to include in your emergency kit for your pets.

- Dry and/or canned food for up to seven days
- Manual can opener
- Bottled water (four litres per pet/per day)
- Non-spill bowls
- ID tag and collar
- Recent photos of you and your pet to assist with reunification
- Sturdy crate/carrier
- Copy of pet's current vaccination history
- Pet first-aid kit (e.g. antiseptic, liquid soap, disinfectant, gauze, tape, scissors, paper towels)
- Medications and instructions
- Treats
- Dog leash/harness and muzzle
- Phone numbers and address (e.g., pet friendly hotels, emergency vet clinic, local animal shelter, boarding kennels, etc.)
- Litter and box for cats and other small critters
- Waste and garbage bag
- Blanket and towel
- Chew and stuffed toys



**TIP:** Place a rescue alert sticker near your front door which includes the number and types of pets in your home. Stickers are available at your local SPCA.

Source: PrepareYourself.ca "Prepare Yourself: A Guide to Emergency Preparedness in the Capital Region"