

# Emergency Preparedness Kit Checklist

## DO YOU HAVE YOUR ESSENTIALS?

- Water: 2-4 litres of water, per person, per day. Don't forget about your pets!
- Non-perishable foods: minimum 3-day supply
- Manual can opener
- Hand-crank or battery-powered radio
- Hand-crank or battery-powered flashlight, or headlamp
- Extra batteries, if necessary
- First-aid kit with emergency blanket
- Extra prescription medications, eye glasses/ contact lenses
- Lighter, matches, candles
- Garbage bags & Ziploc bags
- Whistle
- Photocopies of important documents, including health card numbers, in a waterproof bag.
- A power bank/ phone charger
- Personal sanitation items like hand sanitizer, toiletries, toilet paper, feminine hygiene products
- Duct tape
- Latex gloves, mask
- A small tarp
- A pocket knife or multi-use tool

- Printed "Help/ OK" signs from PreparedBC's website. Display the appropriate side outward in your window during an emergency.
- Your emergency plan, complete with out-of-town contacts
- Special items for infants, pets, or folks living with disabilities
- Cash in small bills and coins. Acquire slowly when you can spare a few dollars. In the event of an emergency, debit/ credit/ ATM networks may be down.



- **Fill-in-the-blank Emergency Plans are available on PreparedBC's website.**
- **Make sure that you keep everything in one place, like a duffel bag or tote.**
- **Every 6-12 months, check your kit. Food, batteries, water and medications all have expiration dates. Set a reminder on your phone, use daylight savings to prompt you, or check when you routinely change your smoke detector's batteries.**
- **Always keep your gas tank ½ full.**
- **Talk preparedness with your family. Identify the most likely emergencies that could occur in Rossland, and plan accordingly. Have a rendezvous spot, should an emergency strike when your family is out of the house.**