

## **72 HOUR EMERGENCY PREPAREDNESS**

Being prepared for an emergency includes the preparation of an emergency survival kit. An emergency survival kit contains all of the basic items you need to remain comfortable for at least three days immediately after or during an emergency.

It is important the contents of your emergency survival kit are kept all together in an easy to carry container or bag in the event you have to leave your home as a result of an emergency. This will ensure you have all of your basic supplies with you. Your emergency survival kit should be kept in an easy-to-reach location and everyone in your family should know where it is stored.

The Emergency Survival Checklist below outlines the basic items every individual should have:

- Flashlight and batteries
- Radio and batteries or crank radio
- Spare batteries (for radio and flashlight)
- First-aid kit
- Telephone that can work during a power disruption
- Candles and matches/lighter
- Extra car keys and cash
- Important papers (identification)
- Non-perishable food (ready-to-eat items that do not require refrigeration)
- Manual can opener
- Bottled water (4 litres per person per day)
- Clothing and footwear
- Blankets or sleeping bag
- Toilet paper and other personal items
- Medication
- Backpack/duffle bag
- Whistle (to attract attention, if needed)
- Playing cards

Remember that families with babies and toddlers and pets will have additional needs. Remember to include things like diapers, baby food and formula, bottles/sippy cups, toys, crayons and paper, pet supplies, leashes and crates etc.