

72-Hour Emergency Preparedness Kit

Below is a sample list of items that should be in your 72-Hour Emergency Kit. Think of any special needs that someone in your family might have, and include any other items that your family would need.

Emergency Survival Kit

- Food (See "Food Kit")
- Bottled Water (See "Water Kit")
- Flashlight and spare batteries or crank flashlight
- Radio or crank radio (so you can listen to news bulletins)
- First-aid kit
- Candles, matches/lighter
- Extra car keys and cash (including coins/cards for telephone)
- Important papers (identification for everyone, personal documents such as insurance papers)
- Clothing and footwear (one change of clothes per person)
- Blankets or sleeping bags (one blanket or sleeping bag per person)
- Toilet paper / Paper Towel
- Personal supplies such as shampoo, hairbrush, tooth brush and toothpaste, soap and a towel and face cloth (one for each person)
- Medication and copies of prescriptions
- Backpack/duffel bag (or something else to carry the emergency survival kit in, in case you have to evacuate)
- Whistle (in case you need to attract someone's attention)
- Playing cards

Additional Equipment

- Knives, forks, spoons, disposable cups and plates
- Manual can opener, bottle opener
- Fuel stove and fuel (follow manufacturer's instructions; never use a barbecue indoors)
- Waterproof matches and plastic garbage bags
- Pocket knife or multi tool
- Duct tape

Car Kit

- Food (See "Food Kit")
- Bottled Water (See "Water Kit")
- Shovel
- Sand, salt or kitty litter
- Traction mats
- Tow chain
- Booster cables

- Flashlight and spare batteries or crank flashlight
- Compass
- Toilet paper
- Paper Towel
- Warning light or road flares
- Extra clothing and footwear
- Axe or hatchet
- Ice scraper and brush
- Road maps
- Matches and a “survival” candle in a deep can (to warm hands, heat a drink or use as an emergency light)
- Fire extinguisher
- Methyl hydrate (for fuel line and windshield de-icing)
- First-aid kit with seatbelt cutter
- Blanket or special “survival” blankets

Additional Considerations:

Babies/toddlers

Diapers, bottled milk, formula and food, small toys, crayons / paper

Other family members

Keep at least one week’s supply of medication in your emergency kit and include extra eyeglasses, spare batteries for medical appliances and an extra oxygen cylinder if needed. Include copies of prescriptions for your medicine and glasses.

Pets

Include a three-day supply of pet food and water.

Food Kit

Have at least a three-day supply of food on hand. Choose ready-to-eat foods that your family likes and that don’t need refrigeration. Canned food, such as soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits work well, along with crackers and biscuits, honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee, and tea. If the food kit is being used as part of a car kit, consider the impact that outdoor temperature will have if it is being left permanently in your car.

Water Kit

At least four litres per person per day should be allocated – two for drinking and two for food preparation, hygiene and dishwashing. Keep a supply of water purification tablets on hand as well. If the water kit is being used as part of a car kit, consider the impact that outdoor temperature will have if it is being left permanently in your car.

Note: Review and replace food and dry goods once a year.

