

EMERGENCY KIT CHECKLIST

Designated Meeting Location 1 - _____

Designated Meeting Location 2 - _____

EMERGENCY PHONE NUMBERS

Emergency Contact 1

Name: _____

Address: _____

Phone Number (s): _____

Social Media Contact (s): _____

Emergency Contact 2

Name: _____

Address: _____

Phone Number (s): _____

Social Media Contact (s): _____

RELATIVES AND FRIENDS TO CONTACT

Emergency Contact 3

Name: _____

Address: _____

Phone Number (s): _____

Social Media Contact (s): _____

Emergency Contact 4

Name: _____

Address: _____

Phone Number (s): _____

Social Media Contact (s): _____

School Contact _____

9-1-1 or local police department _____

Fire Department _____

Family Doctor _____

Veterinarian _____

Telehealth _____

Poison Control _____

Insurance Contact _____

Utility Companies

EMERGENCY KIT

- Food for at least three days. (Non-perishable and easy-to-prepare items) and a manual can opener
- Bottled or bagged water and backup water purification tablets
- Medication(s) and a first aid kit
- Toilet paper and other toiletries including hand sanitizer
- Personal protective equipment such as medical masks and respirators
- Back up chargers and power banks for cell phone or mobile device
- Cash in small bills
- A flashlight, headlamp or glow stick

- Radio (crank or battery-run)
- Extra batteries
- Candles and matches/lighter
- Identification, contact lists, copies of prescriptions, insurance records etc.
- Extra car and house keys
- A whistle (to attract attention, if needed)
- Zip-lock bags, garbage bags and duct tape
- Baby food/formula, Diapers
- Pet supplies

IF YOU HAVE TO LEAVE YOUR HOME:

- Seasonal clothes, shoes and accessories such as hats, gloves, etc.
- Sleeping bags or blankets
- Lightweight plates, utensils, and pot
- Survival multi-tool that includes a screwdriver, pocketknife, and other basic tools
- A local map with your safe meeting places identified
- Playing cards, travel games and other small activities
- Pen or pencil and a small paper/notepad
- Cell phone/Mobile Device charger

*** It helps to put your kit in a bag or carrying case with wheels

SECURE YOUR HOME

Older children and adults should know how to turn off your home's water, electricity and gas. Make large, easy-to-see signs for water and gas shut-offs as well as for the electrical panel.

Teach children how and when to dial 9-1-1 as well as how to call the designated out-of-town contact. Limit phone calls to urgent messages only. Keep calls short to free up the lines for others.

Fire extinguisher location: _____

Water valve location: _____

Electrical panel location: _____

Gas valve location: _____

Floor drain location: _____

In addition to having an emergency kit readily available, your family should have an emergency plan in place. If you are not together, designate a location like a community center or church to meet. Phone lines often become jammed during emergencies, so text or use social media to keep in contact. In addition to having your own information ready, also have the contact information of a family member or friend who lives far enough away that they may not be impacted by the emergency. Program all contact information into your phone/devices and keep a hardcopy in your home and car.

For an additional information go to the [Government of Canada](#)'s website: