

72-Hour Emergency Kit CHECKLIST

Use this checklist to stock a basic 72-hour kit and add items depending on your family's needs. Ideally, your kit should be stored in a waterproof and wheeled container. You may have to stay in your home without electricity or water, or you may have to evacuate your home for a period of time.

FOOD & WATER

- Four litres of drinking water per person per day
- Food that doesn't require cooking and won't spoil (granola, protein bars, trail mix, dried fruit, canned tuna, etc.). Replace food and water every year

EQUIPMENT

- Manual can opener
- Flashlight (wind-up or battery-operated)
- Batteries (replace batteries every year)
- Wind-up or battery-powered radio (replace batteries every year)
- Waterproof/strike-anywhere matches, candles, lighter
- Pens and paper
- Duct tape
- Pocket knife
- Cooking and eating utensils

- Warm clothes, blankets and/or sleeping bags
- Garbage bags
- Whistle and flares (to attract attention)

TOILETRIES

- Cleaning supplies (hand sanitizer, dry shampoo, etc.)
- First aid kit
- Toilet paper
- Dish soap
- Feminine supplies

SPECIAL NEEDS ITEMS

- Infant needs (diapers, formula, bottles, etc.)
- Prescription medicines
- Extra pair of prescription glasses or contact lenses
- Pet items (food, kennel, waste disposal bags, leash, muzzle, medication, etc.).

PERSONAL DOCUMENTS & ITEMS

- A list of your emergency contacts with phone numbers
- An extra set of house and car keys
- Some cash in small bills
- Copies of important documents (passports, birth certificates, insurance policies, etc.)

