

EMERGENCY KIT Checklist



The following are items you can include in your emergency kit to be prepared for any emergency.

Garbage can with a secure lid and wheels

Label it EMERGENCY KIT and place it near an outer window or door inside your garage, or as close to your front door as possible.

Water: 3 - 5 day supply per person, including pets. It is best to plan for four litres of water per person, per day. You may want to consider water purification tablets as well.

Food: 3 - 5 day supply per person of packaged and non perishable foods.

- canned meats
- baked beans
- peanut butter
- evaporated, canned or powdered milk
- tuna
- stew
- dried fruit.
- baby food, formula, bottles (if needed)
- pet food

Sleeping bags or blankets for each family member

HELP sign and OK sign

Manual can opener

Pocket knife

Cutlery

Whistle

Spare set of house and car keys

Flashlight and extra batteries, or a wind up flashlight

Portable radio and extra batteries, or a wind up radio

Candles and waterproof matches

First Aid Kit

- prescription medications
- eyeglasses
- bandages
- sterile gauze pads
- tape, scissors
- tweezers
- antibiotic ointment
- hydrogen peroxide

Personal Items

- change of clothing for each family member
- toilet paper
- disposable infant diapers (if needed)
- handi-wipes
- soap
- detergent
- toothbrush and toothpaste
- comb
- feminine hygiene products

Books, toys, playing cards

Large bucket with tight fitting lid

(to use as a toilet)

Heavy Duty Garbage Bags

(can be used as ponchos, and in the bucket)

1 Week supply of prescription medicine and re-fill information

EMERGENCY KIT Checklist

Current photos of each member of your family, including your pets

Papers & documents: Assemble copies of important documents like: wills, insurance papers, medical records, credit card numbers, inventory of possessions, identification, etc. Make copies and store originals in a fireproof safe or waterproof container that will be accessible if your home is damaged.

Pet supplies

- food – 2 week supply
- water – 2 week supply
- portable kennel or cage (train your pet to go inside, prior to an incident)
- food and water dishes (include dish soap and cloth to clean)
- toys and treats
- pet health and vaccination records (most boarding facilities will not accept pets, without these)
- plastic bags to collect and dispose of waste
- litter pan and litter
- collar, chain, leash or harness
- extra ID tags
- blanket
- medication (2 week supply)
- pet first aid kit
- current photo of your pet
- list of boarding facilities in your area, hotels that accept pets, or friends/relatives that you and your pet can stay with
- Designate a back-up caregiver for your pet in advance in case you are away from home when emergency strikes.



ABBOTSFORD EMERGENCY PROGRAM

32270 George Ferguson Way
Abbotsford, BC V2T 2L1

T: 604-853-3566

E: EPO@abbotsford.ca

www.abbotsford.ca/aep