

# Emergency Kit Checklist

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Create your own emergency kit to help you and your family stay safe until emergency responders can reach you. Your kit should contain enough supplies to keep you and your family safe and comfortable for a minimum of 72 hours. Kits come in all shapes and sizes (items can be stored in a plastic tub, a large duffel bag or backpack). Store your kit at home in a front closet or easy to access location. Personalize your kit to suit the needs of you and your family. This list is meant to be a guide only.

Don't be discouraged by the number of items on the list. Being prepared for emergencies does not happen overnight. Use this checklist to build your kit over time. By taking small steps, you and your family can be prepared without overwhelming your schedule or your budget.

## Food and Water

(Three-day supply of non-perishables per person recommended)

- Protein/granola bars
- Trail mix/dried fruit
- Crackers and cereals
- Canned meat, fish and beans
- Canned juice
- Water (4 L per person/day, include small bottles to carry with you)

## Clothing and Bedding

- Change of clothing (short- and long-sleeve shirts, pants, socks and undergarments)
- Raincoat/emergency poncho/jacket
- Spare shoes
- Sleeping bags/blankets/emergency heat blankets per person

## Light and Fuel

- Battery-powered or crank flashlights/lamps
- Candles
- Lighter
- Waterproof matches

## Equipment

- Manual can opener
- Dishes and utensils
- Battery-powered or crank radio
- Extra batteries
- Pen and paper
- Pocket knife
- Duct tape
- Whistle
- Cell phone and charger with spare batteries and additional charging accessories, if available
- Basic tools and work gloves

## Personal Supplies and Medication

- First-aid kit
- Toiletries (toilet paper, feminine hygiene, toothbrush)
- Cleaning supplies (hand sanitizer, dish soap, dishtowel etc.)
- Medication (acetaminophen, ibuprofen, children's medication, etc., and a three-day supply of prescription medication or a copy of prescriptions)
- Back-up pair(s) of prescription glasses
- Pet food and supplies
- Garbage/recycle/Ziploc bags
- Toys/deck of cards/reading material/kids activity book with crayons

## Copies of Personal Documents, Money (In Waterproof Container)

- I.D.
- Map of the area with pre-determined meeting places marked with an "X"
- Legal documents (birth and marriage certificates, wills, passports, contracts)
- Insurance policies
- Cash in small bills
- Credit card(s)
- Copy of your [emergency plan](#) and contact information

## Other Items for Consideration

- ❑ Comfort and distraction items such as small toys, blankets and stuffed animals for children
- ❑ Supplies for breastfeeding mothers and small infants
- ❑ Mobility devices or speciality items for persons with disabilities or chronic illness
- ❑ Cooking and camping supplies such as small stove with fuel (follow manufacturer's directions for operation and storage), shovel, rope and tarps
- ❑ Warm clothing (seasonal considerations)
- ❑ Water purification system

## Take Your Preparedness to New Heights

- ❑ If you haven't done it already, complete your [personal preparedness plan](#)
  - Take the [Personal Preparedness Course](#)
- ❑ Make a list of personal items in your home that you would want to take with you, if time allowed (photo albums, computers, back-up hard drive, heirlooms etc)
- ❑ Call your insurance company to discuss coverage and obtain additional coverage, if required
- ❑ Refresh your kit (check expiry dates on food, update your contact list and refresh water)

*For more information on hazards in Alberta, contact your municipality's Director of Emergency Management or the Alberta Emergency Management Agency at 780-422-9000 (Dial 310-0000 for toll-free access outside Edmonton) or visit [www.aema.alberta.ca](http://www.aema.alberta.ca).*