

# BE PREPARED: YOUR GRAB 'N GO KIT

These are the emergency supplies you will want to have on hand as part of your **Personal Emergency Preparedness Plan**.

Pack these items in a waterproof backpack or soft suitcase and make sure it is available to you at all times.



- candles (tea lights are good)
- cards or games (optional)
- cash (quarters & paper money)
- duct tape
- dust mask
- flashlight with spare batteries
- food (5-year type as well as granola and energy bars or fruit leathers)
- glo sticks (2)
- identification
- map of area
- medications (as well as Tylenol, etc.)
- mini first aid kit
- out-of area contact number
- paper and pens
- personal hygiene items (soap, toothpaste, deodorant, waterless hand wash, shampoo, toilet paper, Kleenex, etc.)
- pocket or Swiss Army knife
- portable radio with spare batteries
- rain gear (garbage bags, ponchos, etc.)
- rope
- set of spare clothing
- silver foil blankets
- spare glasses (if necessary)
- sturdy shoes and socks
- water (5-year type or bottled)
- waterproof matches
- whistle on a string
- work gloves

***For more emergency preparedness information, visit [www.portcoquitlam.ca/ep](http://www.portcoquitlam.ca/ep).***

## IMPORTANT CITY CONTACT INFORMATION



- Port Coquitlam Emergency Preparedness Office – 604.927.5466
- City of Port Coquitlam Flood Information Line – 604.927.5311
- Operations – 604.927.5488
- After-Hours Emergency Contact – 604.543.6700
- Police and Fire Emergencies – 911
- Emergency Preparedness Information – [www.portcoquitlam.ca/ep](http://www.portcoquitlam.ca/ep)
- Flood Preparedness Information – [www.portcoquitlam.ca/flood](http://www.portcoquitlam.ca/flood)