

Household Emergency Supplies

If a disaster occurs, it may take emergency workers some time to reach you. Be prepared to take care of yourself and your family at home for three to seven days, if you are not evacuated.

- You can purchase ready-made kits or assemble supplies yourself.
- Lessen the cost by spreading out purchases.
- Consider each household member's personal preferences, allergies and needs.
- If you can, always keep a two-week supply of your everyday household provisions.

Mark on your calendar to check and rotate supplies each spring and fall to suit the upcoming weather

► Necessary Supplies to Have on Hand

FOOD AND COOKING

In addition to your everyday household provisions, keep a supply of food that doesn't require refrigeration, requires little or no preparation or water and is liked by your family.

Food Ideas:

- Peanut butter
- Canned fruits and vegetables
- Canned soups and stews
- Canned fish and meat
- Canned pre-made pasta
- Canned beans
- Beef jerky
- Dried fruits and nuts
- High-nutrient food bars
- Nutritional drinks
- Some snacks and treats
- Infant food/formula if applicable
- Food and water with five-year shelf lives from specialized/outdoor stores

Cooking Supplies:

- Salt/spices in sealed containers
- Heavy-duty foil
- Plastic wrap
- Ziplock/plastic bags of varying sizes
- Large sturdy garbage bags
- Sealing food containers
- Cooking pot
- Paper plates/bowls, cups and utensils
- Paper towels
- Baby bottles if applicable
- Good quality manual can opener
- Bottle opener
- Washing basin, small dish soap, sponge, dish towels
- Alternate cooking source, e.g. camp stove, sterno stove, barbecue or hibachi (do not use in-doors due to CO2 and potential for fire if undetected gas leak.
- Cooking fuel (propane, charcoal, sterno etc.)

WATER

Make water storage a top priority. Five-gallon bottled water is recommended (it has stronger plastic than smaller bottles).



4L PER PERSON PER DAY
(2 drinking, 2 hygiene/food prep)

A FAMILY OF 4 NEEDS:
48L/72 hours, 112L/week



How to Store Water:

- Store in a cool, dark location (sun can break down plastic and cause algae to grow).
- Avoid storing near toxins (e.g. gasoline, pesticides) due to vapours and possibility of spills.
- Don't store plastic bottles directly on concrete, which will leach chemicals into the water and degrade the plastic.

More on next page

Household Emergency Supplies (*cont.*)

CLOTHING

Plan clothing and footwear to suit the various seasons.

- Shirts and pants
- Undergarments
- Heavy wool socks
- Winter hats, scarves, gloves or mitts
- Sun hats and sunglasses
- Shoes and boots – warm, strong and waterproof
- Rain gear
- Jackets – ideally layerable
- Infant clothing (if applicable)

LIGHTING

If possible, store alternate light sources as it may be dark due to the time of the event or a power failure. Make sure there are no gas leaks before striking a match or using an open flame.

- Crank or battery-operated flashlights, extra batteries and bulbs
- Camping lanterns, extra fuel, wicks, mantles and waterproof matches
- Lightsticks

PERSONAL/COMFORT

- Prescription information (drug name, dose etc.) and two-week supply of medication (rotate when you fill a new prescription)
- Toilet paper
- Diapers (if applicable)
- Toiletries (e.g. toothpaste/brush, shampoo, deodorant, mirror and brush)
- Feminine hygiene supplies
- Hand soap
- Hand sanitizer or towelettes
- Books and games
- Newspaper for emergency toilet

SAFETY GEAR / COMMUNICATION

- Crank or battery-operated radio
- Dust mask, hard hat, eye protectors
- Work gloves
- Emergency whistle
- Emergency survival book
- OK/HELP signs to post in home or vehicle windows

OTHER NECESSARY ITEMS

- Water purification tablets
- First aid kit (see next page)
- Household emergency plan
- Paper and pencil
- Cash in small bills and coins (e.g. \$2, \$10)
- Copies of important contacts and documents (e.g. insurance papers)
- Copies of ID and pictures of family members to help locate those who are missing/lost
- Personal address book
- Cell phone plug-in and battery chargers and spare batteries
- Signal flares and flag
- Safety rope and shovel
- Multi-purpose knife
- Tent and related supplies, or waterproof tarp
- Nails, hammer, axe, pliers and screwdriver
- Empty spray bottle and small bottle of household bleach to make 10% bleach solution (useful for disinfecting surfaces, purifying water – see AFTER section in *Are You Prepared?* Resident Emergency Preparedness Guide)
- Bungee cords