

EMERGENCY PREPAREDNESS TIPS & UPDATES



PREPARE YOUR “GRAB AND GO” KIT

Being prepared can help you and your family get through a disaster. Consider whether you will need some of the following items in your own “grab and go” emergency kit and try to plan for at least 72 hours:

FOOD & WATER

- Water (4 litres per person/per day for minimum 3 days)
- Non-perishable food: minimum 3 days to 1 week supply, with manual can opener
- Infant items: food, milk, bottles, diapers
- Pet items: food, water, leash, carrier, identification
- Plates, utensils
- Alternate cooking source and fuel

HEALTH

- First aid kit
- Medication (minimum 3-day supply)
- Eye glasses, contact lenses, solution
- Dentures
- Personal hygiene items: toothbrush, toilet paper, anti-bacterial wipes, soap
- Seasonal clothing

IMPORTANT DOCUMENTS

- Insurance papers (scan/digital copy)
- Personal identification/passport
- Family documents
- Photo albums
- Emergency numbers: fire, ambulance, police, RCMP
- Contact information for family members, friends, neighbours
- Thumb drive (memory stick) with important documents
- Photos of house (inside and out)

TOOLS

- Battery-powered or hand-crank flashlight
- Battery-powered or hand-crank radio
- Extra batteries
- Wrench, hammer, shovel, other
- Rope (6 metres)
- Duct tape
- Multi-blade knife
- Candles, candle holders, waterproof matches

SAFETY

- Whistle
- Emergency blanket/sleeping bag
- Sturdy shoes or boots
- Work gloves
- Water purification tablets
- Dust masks

MISCELLANEOUS

- Map or visitor’s guide
- Extra house and car keys
- Cell phone and charger
- Cash
- Paper and pencils/pens
- Tent
- Playing cards
- Children’s toys
- Large garbage bags (for waste disposal and rain protection)

[Help/OK Sign \(PDF\)](#): Display the appropriate side outward in your window during a disaster.

Sign up to receive important emergency notifications by text or email: rdck.ca/Notifications

Find more resources on the RDCK website: www.rdck.ca