



# EMERGENCY PREPAREDNESS TIPS & UPDATES

## SUGGESTIONS FOR 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 “grab and go” emergency kit.

### FOOD & WATER

- Water (4 litres per person/per day for 3 days)
- Food (non-perishable) for 3 days
- Infant items: food, milk, bottles, diapers
- Pet items: food, water, leash, carrier
- Manual can opener
- Plates, utensils
- Alternate cooking source and fuel

### HEALTH

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

- Flashlight, batteries
- Portable radio, batteries
- Wrench, hammer, shovel
- 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
- Large garbage bags (for waste disposal and rain protection)
- Water purification tablets

### 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

Sign up to receive important emergency notifications by text or email:

<https://rdck.ca/EN/main/services/emergency-management/emergency-alerts.html>

Find more resources on the RDCK website: [www.rdck.ca](http://www.rdck.ca)