



Safety Tips:

Preparing an emergency kit

Emergencies like storms, floods, or fires can happen at any time. You should be ready to look after yourself and your family for 72 hours or 3 days. An emergency kit will help get you through.

Preparing your kit

- The kit should be easy to find quickly and easy to carry.
- Everyone should know where it is.
- Check it twice a year; replace anything that is out of date. Replace the food and water once a year.

What to include

- your emergency plan
- at least 6 litres of water for each person (2 litres for each day), and enough for pets
- food that won't spoil and that you can eat without cooking, like canned and dry foods
- can opener
- first-aid kit
- prescription medicines for at least 3 days
- wind-up or battery-powered flashlight
- wind-up or battery-powered radio
- back-up battery for your cell phone
- batteries for your flashlight and radio
- money in small bills

- copies of your driver's licence, birth certificate, and insurance papers

Always keep your car's gas tank as full as possible or plan another way to leave quickly. Also charge your cell phone or have other ways to call for help like a landline phone or community network.