

# EMERGENCY KITS

## HOME EMERGENCY SUPPLIES KIT

### IN CASE YOU NEED TO BE SELF-SUFFICIENT

- Water: 4 litres per person per day; **minimum** of 3 days
- Food: non-perishable; **minimum** of 3 days
- First-aid kit
- Flashlight and extra batteries
- Transistor radio and extra batteries
- Sanitation: garbage bags, toilet paper and wipes
- Copies of important documents (e.g., insurance papers, identification, health card numbers)
- Tools: crowbar, shovel, safety goggles, face mask
- Emergency plastic sheeting / duct tape
- Phone charger and battery bank
- Seasonal clothing and footwear
- Medications and personal toiletries
- Cash in small bills
- Whistle
- Customized items (e.g., diapers, pet food, etc.)



Following an emergency or disaster, stores may be inaccessible or out of supplies. You may be able to stay in your home but might not have basic utilities like power or water. Assemble a home supplies kit; store essential supplies in one location. Be prepared to be self-sufficient for 3 to 7 days.

## EMERGENCY VEHICLE KIT

### IN CASE YOU NEED TO RELY ON THE SUPPLIES IN YOUR VEHICLE

- Water
- Food: non-perishable
- First-aid kit
- Flashlight
- Whistle
- Seasonal outerwear and footwear
- Blanket or sleeping bag
- High-visibility apparel for road safety
- Shovel, snow-scraper
- Booster cables
- Warning light or road flares
- Fire extinguisher



In the event of an emergency, it may take some time for help to arrive. Keep a kit in your vehicle in case you need to shelter there for a period of time.

## GRAB-AND-GO EMERGENCY KIT

### IN CASE YOU NEED TO EVACUATE

- Bottled water
- Food for 1 day, non-perishable
- Small first-aid kit
- Emergency blanket
- One change of seasonal clothing and footwear
- Copies of important legal documents (e.g., insurance papers, identification)
- Copy of your emergency plan
- Flashlight with extra batteries
- Transistor radio
- Phone charger / battery bank
- Toiletries (travel size)
- Medications
- Cash in small bills
- Glasses
- Whistle
- A comfort item (e.g., family photo, book, etc.)



*If you needed to evacuate immediately, what items would you need to get through the next few days? Each family member should have a Grab-and-Go kit, stored in an easily accessible location.*

## EMERGENCY PET KIT

### IN CASE YOU NEED TO SUPPORT YOUR PET

- Pet food and water for a minimum of 3 days
- Leash, pet restraint, muzzle, or harness
- Pet carrier
- Treats, a favourite toy or comfort item
- Copy of vet & vaccination records
- Medications
- Photo of your pet
- Plastic bags for waste disposal
- Blankets or a way to provide warmth



*Consider the needs of your pet and ensure you can care for them in the event of an emergency, whether you are at home, or need to evacuate.*

For additional info on emergency kits, go to [nsem.ca](https://nsem.ca)