

Fact Sheet

Feuille de renseignements



Ministry of Community Safety
and Correctional Services

Ministère de la Sûreté communautaire
et des Services correctionnels

EMERGENCY SURVIVAL KIT

- Emergencies and disasters can happen at any time. This could mean that utilities are out, roads are closed and we can't get the crucial supplies we need. Local, provincial and federal officials prepare for emergencies, and so can you.
- Everyone should be prepared to take care of themselves and their families for up to three days in the event of an emergency or disaster. With increased awareness of security concerns throughout Canada and the world, it makes sense to prepare for the unexpected.
- The lists below are recommended guidelines to help you gather the items you should have on hand and keep stored in a place everyone in your family knows about.
- If you are ever in an emergency situation, **stay calm**. People have survived three days without water and three weeks without food. Your home can retain heat for up to three hours in winter.

CHECKLISTS

Think of any special needs someone in your family might have, and include any other items that your family would need. Here are some suggestions:

Babies/toddlers

Diapers, bottled milk, formula and food, toys, crayons and paper.

Other family members

Keep at least one week's supply of medication in your emergency kit and include extra eyeglasses, spare batteries for medical appliances and an extra oxygen cylinder if needed. Include copies of prescriptions for your medicine and glasses.

Pets

Include a three-day supply of pet food and water.

Food and water kit

Have at least a three-day supply of food and water on hand. Choose ready-to-eat foods that your family likes and that don't need refrigeration.

Canned food, such as soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits. Crackers and biscuits, honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee, tea.

Water

At least four litres per person per day should be allocated – two for drinking and two for food preparation, hygiene and dishwashing. Keep a supply of water purification tablets on hand as well.

Note: Consume and replace canned food and dry goods once a year.

Equipment

- Knives, forks, spoons

- Disposable cups and plates
- Manual can opener, bottle opener
- Fuel stove and fuel (follow manufacturer's instructions; never use a barbecue indoors)
- Waterproof matches and plastic garbage bags
- Pocket knife or multi tool

Emergency survival kit

- Flashlight and spare batteries
- Radio or crank radio (so you can listen to news bulletins)
- First-aid kit
- Candles, matches/lighter
- Extra car keys and cash (including coins/cards for telephone)
- Important papers (identification for everyone, personal documents such as insurance papers)
- Food and bottled water (See "Food list")
- Clothing and footwear (one change of clothes per person)
- Blankets or sleeping bags (one blanket or sleeping bag per person)
- Toilet paper and other personal supplies such as shampoo, hairbrush, tooth brush and toothpaste, soap and a towel and face cloth (one for each person)
- Medication
- Backpack/duffel bag (or something else to carry the emergency survival kit in, in case you have to evacuate)
- Whistle (in case you need to attract someone's attention)
- Playing cards, gum

Car kit

- Shovel
- Sand, salt or kitty litter
- Traction mats
- Tow chain
- Compass
- Cloth or roll of paper towels
- Warning light or road flares
- Extra clothing and footwear
- Emergency food pack
- Axe or hatchet
- Booster cables
- Ice scraper and brush
- Road maps
- Matches and a "survival" candle in a deep can (to warm hands, heat a drink or use as an emergency light)
- Fire extinguisher
- Methyl hydrate (for fuel line and windshield de-icing)
- Flashlight
- First-aid kit with seatbelt cutter
- Blanket (special "survival" blankets are best)

Important phone numbers

Name, Telephone Number and/or Contact Information			
My name		My address	
My phone number		My city	
Nearest intersection to my house			
Emergency Telephone Numbers			
Ambulance		Fire department	
Police		Hospital	
Poison control		Children's hospital	
Family doctor		Dentist	
Veterinarian		Pharmacy	
Mother's work		Father's work	
Other's work		Other relatives	
Neighbour		Out-of-town contact person	
Out-of-province contact person		Babysitter	
Daycare centre		Pre-school	
Elementary school		High school	
Gas company		Hydro company	
Telephone company		Handyman	
Electrician		Plumber	
Mechanic		Family lawyer	
Accountant		Bank or financial advisor	
Insurance agent		Landlord	
Emergency roadside assistance		Taxi	
Bus		Weather reports	
Road conditions		Snow removal	
Animal control		Disaster clean-up company	
Crisis hotline		Social worker	
Health department		Tele-health	
Others			

-30-

For more information, contact:
 Emergency Management Ontario
 Ministry of Community Safety and
 Correctional Services
 (416) 314-3723

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