

## 72 Hour Emergency Preparedness Kit

### Build an Emergency Kit

In an emergency, you will need some basic supplies. Your kit should contain enough supplies to keep you and your family safe and comfortable for a minimum of 72 hours. Kits come in all shapes and sizes (plastic tub, large duffel bag or back pack). Store your kit at home in a front closet or easy to access location.

**This list is a guide only.**

### Basic Emergency Kit

- At least two litres of water per person per day, include small bottles of water
- Food that won't spoil, eg. Canned food, energy bars, dried food.
- Manual can opener
- Wind up or battery-operated flashlight
- Wind up or battery-operated radio
- Extra batteries
- First aid kit
- Extra keys to house and car
- Cash in smaller bills
- A copy of your emergency plan and contact information
- Any prescription medications, infant formula, equipment for people with disabilities, food and water for your pets.

#### TIP

Keep a corded phone in your home, as most cordless phones will not work during a power outage.

#### TIP

Use the list below to check off hazards that exists in your community. This will help you make a more specific emergency plan.

- Blackouts
- Floods
- Earthquakes
- Proximity to dangerous goods routes
- Severe Weather
- Tornadoes
- Wildfires
- Proximity to major industrial site
- Infectious disease outbreaks

**Personalize your kit to suit the needs of you family.**



## 72 Hour Emergency Preparedness Kit

### Additional Items

- Two additional litres of water per person for cooking and cleaning
- Candles and matches or lighter
- Change of clothing and footwear for each family member
- Sleeping bag or warm blanket for each family member
- Toiletries
- Hand sanitizer
- Utensils
- Garbage bags
- Toilet paper
- Household chlorine bleach or water purifying tablets
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife)
- Small fuel operated stove and fuel
- A whistle
- Duct tape

#### TIP

In Alberta, while municipalities respond first to local emergencies, it is vital to the community that you and your family are prepared for the first 72 hours to be on your own.

#### TIP

Keep cash on hand, as automated bank machines and their networks may not work during an emergency. You may have difficulty using debit or credit cards.



#### TIP

Disasters often mean confusion and distress, so it is important to take the time now to know the hazards and the risks to better prepare yourself and your family.