

THE ESSENTIAL EMERGENCY KIT CHECKLIST

HOUSEHOLD KIT

- Durable 102L storage tote bin(s)
- Nonperishable food (dehydrated meals or canned goods with a manual can opener)
- Water (at least 4 litres of water per person per day)
- Water purification tablets/drops
- Personal water filter and instructions
- Large first aid kit, with non-prescription medications
- Garbage bags
- Moist towelettes
- Battery-operated lanterns with extra batteries (1 per person)
- Gas and water emergency shutoff tool

PET GRAB-AND-GO BAG

- Emergency tote bag
- Pet Emergency Plan
- Recent photo of your pet with you and alone
- Pet first aid kit
- Food (and manual can opener if needed) plus treats
- Collapsible food bowl
- Leakproof pet water bottle with dispenser
- Waste bags or small container of litter, portable litter box and scoop
- Leash, muzzle (if necessary), and harness (with handle for lifting if necessary)

ADD FOR PET

- Small blanket
- Safety light with extra batteries
- Apple Airtag and collar holder
- Pet carrier, cage or crate (plus specialty items for caged pets)
- Comfort item (a favourite toy or towel with your scent)
- Up-to-date medical record, including vaccination history
- Current prescription medications, if required
- Fill the reusable water bottle already in the grab-and-go bag with uncontaminated water

ADULT/CHILD GRAB-AND-GO BAG

- Emergency backpack
- Home Emergency Plan with a map showing our family meeting place and out-of-town contact details
- Copy of ID and important documents (e.g., banking, insurance)
- Cash in small bills
- Pen and notepad
- Whistle
- Extra glasses, if needed
- Small first aid kit with instructions
- Durable 1L water bottle (to be filled during an emergency)
- Water purification tablets/drops
- Personal water filter and instructions
- Ready-to-eat food (e.g., energy bars)
- Personal toiletries (travel-sized toothbrush, toothpaste, liquid soap, hand sanitizer)
- Emergency blanket
- Rain poncho
- Sunscreen
- Dust mask
- Cell phone charging cord
- Crank and battery-powered radio, flashlight and power bank (with extra batteries)
- Battery-powered headlamp (with extra batteries)
- Comfort item (eg, a toy for a child, book or deck of cards for an adult)

ADD FOR ADULT/CHILD

- Seasonal clothing and sturdy footwear
- Current prescription medications, if required.
- Hearing aids with extra batteries, if needed.
- Fill the reusable water bottle already in the grab-and-go bag with uncontaminated water.
- Cell phone and wallet – add these items when evacuating

INFANT/BABY GRAB-AND-GO BAG

- Emergency tote bag
- Small first aid kit with instructions
- Disposable nursing pads (if nursing)
- Manual breast pump (if nursing and pumping)
- Ready-to-feed infant formula in single-servings with disposable bottles (if formula feeding)
- Sippy cup for water
- Water purification tablets/drops
- Nonperishable baby food
- Feeding spoon and travel bowl
- Disposable bibs
- Dish soap and scrub brush
- Mesh bag for drying infant feeding supplies
- Plastic container with a lid for cleaning and feeding items
- Large pack of diapers
- Disposable change mats
- Baby wipes (two packs)
- Diaper rash cream
- Travel-sized baby wash and lotion
- Resealable plastic bags (for soiled clothes)
- Disposable diaper bags
- Emergency blanket
- Sunscreen
- Small quick dry towel or burp rag
- Infant pain reliever (e.g., acetaminophen)

ADD FOR INFANT/BABY

- Seasonal clothing
- Current prescription medications, if required.
- Up-to-date medical record, including vaccination history.
- Fill the sippy cup already in the grab-and-go bag with uncontaminated water if using.
- Baby carrier, such as a sling or front/back carrier.
- Portable crib (if space allows during evacuation).

Review your kit annually. Replace expired items, update personal details, and adjust supplies. Replace water every six months and modify supplies for babies and young pets as they age.