

HOME EMERGENCY KIT

Each household should be prepared to have emergency supplies for at least a minimum of 3 days, and preferably 7 days. Consider special-needs items for infants, children, seniors or people with disabilities and don't forget your pets! As a minimum, an emergency kit should contain the following:

Emergency Water and Food Supply

- Drinking Water (*at least 2 liters per person/day*)
- Washing & cooking water (*2 liters per person per day*)
- Food (*supplies for a minimum of 3 days requiring minimal water, heat & refrigeration*)
 -comfort food, stress food, foods with at least 6 month shelf life
- Alternate cooking methods & supplies (fuel)
 -Propane/charcoal BBQ
 -Butane Stove/ Coleman stove
- Manual can opener / paper plates / plastic cups and utensils/ food thermometer

Sanitation / Personal Hygiene

- Hydrated lime/scoop/dust mask/rubber kitchen gloves
- Garbage bags/toilet paper
- Personal hygiene items including (toothbrush/toothpaste/soap/shampoo/diapers)
- Liquid soap/paper towels/bucket

Essentials

- Flashlight/ lanterns/headlamp
- Radio – battery operated/windup
- Light sticks / power failure lights / 36 hour candles
- Batteries

Communications

- Landline phone/ cell phone / cell phone charger
- Familiarity of social media (Twitter, Facebook)
- Out of area contact
- Family Plan
- Solar powered battery charger

Safety and Comfort

- Sturdy shoes by bed / Whistle
- Warm clothes and rain gear
- Extra medications / prescription / spare eyeglasses
- Gas shut off wrench/ water shut off key
- Heavy work gloves/safety goggles/dust masks
- Duct tape/ pocket knife/ crowbar /shovel
- Emergency cash in small denominations
- Local map / paper / pencil or pen
- Copies of important documents
- Phone numbers
- First aid kit and manual
- Plastic sheeting/tarps
- Alternate shelter



FAMILY EMERGENCY PLAN

Determine a family meeting place in case you are separated from your family when the emergency occurs:

- The 1st meeting place should be a location right outside the home. The site where household members would meet in case of a sudden emergency, such as a fire.
- The 2nd meeting place should be a building or open area outside of the neighborhood in case family household members cannot return home. Take into consideration the location of schools, daycares & workplaces.

To reconnect with your family following the incident, choose an out of area contact who lives at least 160 km away and who has voice-mail or an answering machine.

- Choose an out of area contact.
- Make sure all family members know the telephone number and how to use it.
- Complete an Out of Area Contact Card such as the ones below, and have it with you and your family at all times.
- Tell them how you are and where you plan to be.

Emergency Contact Information Card

You and each family member should carry this card at all times.

Out-of-area contact:
 • After a major disaster, local phone service may be limited so phone your out-of-area contact to keep in touch with your family. Listen to the radio or TV for phone use instructions, then phone your contact person to say how you are, where you are and what your plans are.
 • Keep the call short, and, if possible, arrange to call back at a specified time for another check-in.

Contact Name: _____
City/Province: _____
Phone Number (____): _____
Places to meet family: _____
Working Days Location: _____
 daytime: _____
 evening: _____
Non-working Days Location: _____
 daytime: _____
 evening: _____

OR

Emergency Contacts (OUT-OF-AREA)

Primary Contact Name _____
 Primary Contact Number(s) _____

Emergency Contacts (LOCAL)

Primary Contact Name _____
 Primary Contact Number(s) _____

Emergency Meeting Places

Near Home _____
 Out of the Neighborhood _____
 Workplace Evacuation Site _____
 School/Day Care Evacuation Site _____

VEHICLE EMERGENCY SUPPLIES

Emergency Vehicle Kit

Prepare a kit and keep it in your vehicle

- Blanket or sleeping bag
- Candle in a deep can and matches
- Extra clothing and shoes
- List of personal contact numbers
- Small shovel, scraper and snowbrush
- Warning light or road flares
- Radio (crank or battery-powered). *Replace batteries once a year and if you choose a crank powered variety, be advised that these actually have an internal battery that needs to be charged periodically. Give it a good crank whenever you rotate your water and flashlight battery*
- First aid kit - *many options and price points for purchasing*
- Escape Tool/ Seatbelt Cutter - *keep within reach of driver*
- High Visibility Vest *keep under the driver's seat for easy access*
- Flashlight (crank or battery-powered) or headlamp - *Replace batteries once a year with high quality alkaline or lithium cells*
- Food - *that won't spoil such as canned food, energy bars and dried foods*
- Rain Gear - *Good quality polyethylene-coated nylon models are available at most outdoor stores. Disposable ones will also do, but can be delicate and vulnerable to rips*
- Water - *at least two liters of water per person per day*
- Whistle – *keep within easy reach. Attaching to car keys is a good practice*



Recommended additional items to keep in your vehicle

- Antifreeze, windshield washer fluid
- Extra Nitrile Gloves - *these have obvious value when administering first aid, but are also useful for keeping your hands clean when changing a tire, checking the oil, or attaching jumper cables*
- Tyvek Painter's Suit - *this item is compact and can be used to put on over your clothes when changing a tire or doing minor repairs. This will keep your clothes clean and dry in this role, but can also serve as an additional layer in an acute survival scenario.*
- Paper Towel Roll
- Sand, salt, cat litter (non-clumping) or traction aid
- Tow rope and jumper cables
- Fire extinguisher
- Road maps



***Suggested vendors and products are provided for convenience only. VCH does not endorse any vendor or item*

Possible Locations to Purchase Disaster Kit Supplies

You can purchase a pre made survival kit or supplies to create your own kit. 90% of what you will need for your personal preparedness kits can come from your home or these vendors. The list below is vendors that specialize in packaged water or other unique survival items and/or kits.

Braidner Survival Kits – www.survivalkits.com

Phone: 604-254-0455 Fax: 604-254-8685

Address: #410 - 1000 Parker Street, Vancouver

F.A.S.T. Ltd. – www.fastlimited.com

Phone: 604-940-3222

Address: 8850 River Road, Delta

Krasicki and Ward – www.krasickiandward.com

Phone: 604-739-9455 Fax: 604-739-1937

Address: Suite 2500-900 West 8th St. Vancouver

Quake Safe Ltd. – www.qsquakesafe.com

Phone: 604-980-9900

Address: 1959 Alderlynn, North Vancouver

Camping stores such as Mountain Equipment Co-op, Canadian Tire, Taiga and 3 Vets have various supplies to help build up an emergency kit.

This is not an exhaustive disaster kit suppliers list. Emergency Management does not endorse or promote any particular company. Having a company name on this list is not recognition of a recommendation nor is exclusion from this list a non-recommendation.