

# Suggestions for preparing a 72-Hour Emergency Kit

Check out [www.getprepared.ca](http://www.getprepared.ca) and the Emergency Measures Organization of Prince Edward Island. It's quick and easy to buy an emergency kit. **The Canadian Red Cross** has a kit available to buy on their website. **The Salvation Army** also has a **standard kit as well as a car kit** available for purchase on its website. Various other kits and emergency supplies are also available for sale from other commercial entities.

**Add items to your kit such as:** • Additional emergency supplies • A copy of your emergency plan • Photocopies of personal documents • A household emergency contact list

## **Home Survival Kit that you can make yourself may include the following items:**

flashlight / batteries  radio / batteries  first aid kit (see below for suggestions)  candles / matches  extra set of car and house keys  cash and coins  sleeping bag  duffle bag to carry these supplies in case you have to evacuate  whistle **Babies / Children / Toddlers:**  diapers / wipes and change of clothing  bottled milk  favorite toy and/or blanket  books/small games  crayons and paper **Other family members:**  at least one week supply of prescription medication and copy of prescriptions  extra clothing  personal supplies (soap / toilet paper / feminine napkins)  eyeglasses and/or contact lenses  paper/pen/books/cards/ **Pets:**  pet food, at least a three day supply  have foods available that your family likes  choose food that doesn't require refrigeration such as ready-to-eat canned meats, fruits and vegetables  water - 1 gallon or 4 litres / per person / day  canned juices / soup  powdered or canned milk (store extra water to mix)  high-energy foods (peanut butter, honey, jelly, crackers, granola bars, trail mix)  cookies, hard candy, sweetened cereals, instant coffee, tea bags  manual can opener  paper cups, plates, and plastic utensils  all-purpose knife  aluminum foil / plastic wrap / sealable plastic bags

**Keep these supplies in an easy to find spot in your home in case you need them in an emergency: You should have at least a 3 day supply of items and remember to check them regularly (when you change your smoke detectors?) to ensure that the items are viable.**

**Car Survival Kit:** It is recommended that the following items be kept in the trunk of your car:  shovel  sand or salt  traction mats  tow chain  compass  cloth or roll of paper towels  warning light or road flares  set of extra clothing and footwear  emergency food pack (water / granola bars / canned food)  booster cables  ice scraper and brush  matches and a candle in a deep can (to warm hands, heat a drink or use as an emergency light)

**Your basic first aid kit:** A basic first aid kit may contain: ★ plasters in a variety of different sizes and shapes ★ small, medium and large sterile gauze dressings ★ at least 2 sterile eye dressings ★ triangular bandages ★ crêpe rolled bandages ★ safety pins ★ disposable sterile gloves ★ tweezers ★ scissors ★ alcohol-free cleansing wipes ★ sticky tape ★ thermometer (preferably digital) ★ skin rash cream, such as hydrocortisone or calendula ★ cream or spray to relieve insect bites and stings ★ antiseptic cream ★ painkillers such as tempera/tylenol/advil include children's painkillers as well as those for adults remember children under the age of 16 should not be given aspirin ★ cough medicine ★ antihistamine tablets ★ gravol