



## Emergency Kit Checklists

### Basic emergency kit checklist:

- Two litres of drinking water per person/per day
- Non-perishable canned and dried foods
- Can opener and disposable plates and utensils
- Prescription glasses/contact lenses and supplies
- Prescription medications
- Personal hygiene items
- First aid kit
- Battery-operated radio
- Flashlight and batteries
- Phone charger and battery bank
- Cash
- Car and house keys
- Change of clothing and footwear per person
- Copies of essential family documents
- Blanket or sleeping bag per person

### Basic vehicle emergency kit checklist:

- Food
- Water
- Blanket
- Extra clothing and shoes
- Reflective vest
- First aid kit
- Small shovel, scraper and snowbrush
- Candle in a deep can and matches
- Wind-up flashlight
- Wind-up radio
- Cell phone charger and battery bank
- Whistle
- Roadmaps
- Copy of personal documents
- Sand, salt, or cat litter (non-clumping)
- Traction mat
- Antifreeze/windshield washer fluid
- Tow ropes
- Jumper cables
- Fire extinguisher
- Warning light or road flares