



Personal Emergency Kit

Emergencies happen; your best strategy in dealing with a disaster is to be as prepared as possible. You should be able to take care of yourself and your family for up to a week. Ideally, your kit should be stored in a waterproof and wheeled container. You may have to stay in your home without electricity or water, or you may have to evacuate your home for a period of time.

Toiletries

- Cleaning supplies (hand sanitizer, dry shampoo, etc.)
- First aid kit
- Toilet paper
- Dish soap
- Feminine supplies

Special Needs Items

- Infant needs (diapers, formula, bottles, etc.)
- Prescription medicines
- Extra pair of prescription glasses or contact lenses
- Pet items (food, leash, muzzle, medication, pet carrier/portable kennel, etc.)

Personal Documents and Items

- A list of your emergency contacts (names and contact numbers)
- An extra set of house and car keys
- Cash in smaller bills
- Copies of important documents like passports, birth certificates, and insurance policies

Food and Water

- Four litres of water per person per day
- Food that doesn't require cooking and won't spoil, such as granola and protein bars, trail mix, dried fruit, canned tuna (remember to replace food and water once a year)

Equipment

- Manual can opener
- Flashlight (wind-up or battery operated) and batteries (replace batteries every year)
- Wind-up or battery powered radio (replace batteries every year)
- Candles, lighter, waterproof/strike-anywhere matches
- Pens and paper
- Duct tape
- Pocket knife
- Cooking and eating utensils
- Garbage bags
- Whistles and flares (to attract attention)

Sanitary Supplies

- Hand Sanitizer
- Disinfectant Wipes
- Disposable Gloves
- Masks



For more up to date emergency information visit:

www.rdbn.bc.ca

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