

# 72-Hour Emergency Kits

In an emergency, it may take emergency workers some time to reach you. Be prepared by having a 72-hour kit that can hold supplies to support you and your household for three days in an emergency situation. If you have a car, consider keeping an emergency kit in your vehicle, especially for the cold weather season.

## Household Emergency Kit

- Non-perishable food items (canned and packaged food such as soups, stews, baked beans, pasta, meat, fish, fruit, crackers, biscuits, honey, peanut butter, jam, etc.).
- Manual can opener.
- Bottled water, 4 litres per person per day (2 for drinking and 2 for hygiene and washing).
- Crank or battery operated radio.
- Flashlight with batteries.
- Candles and matches (lighter).
- First Aid kit.
- Personal hygiene items (toilet paper, feminine products, hand sanitizer, etc.)
- Pocket knife or multi-tool.
- Whistle.
- Cash money (small bills and change).
- Special needs items for babies, pets, elderly (as required).
- Garbage bags and zip-lock bags.
- Duct tape.
- Copies of important papers (insurance, medications, personal contacts, etc.).
- Emergency document holder.
- Spare chargers for important electronics.

Note: consume and replace water and canned goods annually.

## Emergency Car Kit

- Food that won't easily spoil, such as energy bars.
- Water in plastic bottles so they won't break if frozen.
- Blanket or sleeping bag.
- Extra clothing and shoes.
- First aid kit and a seatbelt cutter.
- Small shovel, scraper, and snowbrush.
- Hand and foot warmers.
- Wind-up flashlight.
- Whistle.
- Road maps.
- Copy of emergency plan and personal documents.

Also, keep these inside your trunk:

- Sand, salt or cat litter (non clumping).
- Antifreeze/windshield washer fluid.
- Tow rope.
- Jumper cables.
- Fire extinguisher.
- Warning light or road flares.

# Household Communications Plan

Along with a 72 hour kit, you should also put together an emergency communications plan. This will help ensure that you and your household know what to do and who to call in an emergency situation.

## My Information

Name:

Home Address:

Telephone Number:

## Who to Call in an Emergency

Emergency Number:

911 and

Name & Number of Neighbour/Relative:

Name & Number of Out-of-Town Contact:

## My Household Phone Numbers

Work Number:

Cell Number:

Work Number:

Cell Number:

**IF EMERGENCY CALL:**

**911**

**Complete a 20-minute form for a  
printable Home Emergency Plan:**  
[www.getprepared.gc.ca](http://www.getprepared.gc.ca)