



Making an Emergency Kit

In case of a major emergency or disaster you will need some basic supplies set aside. That way you will always be prepared to be self-sufficient for at least 72 hours while emergency workers focus on people in urgent need.

Many of the items required in an emergency kit are found in most people's homes. It's just a question of taking some time and putting them together as your emergency kit.



Canadian Red Cross



Ready. Kit. GO!
Disasters are waiting to happen.



Newfoundland
Labrador

Newfoundland
Labrador

What should be included in an Emergency Disaster Kit?

Store a three day supply of water, food and clothing for each person in your family, including supplies for family pets. Replace food and water annually. Also include the following essentials:

- Two litres of drinking water per person, per day
- Non-perishable canned and dried foods.
- Can opener and disposable plates and utensils.
- Prescription glasses and/or contact lenses and related supplies.
- Prescription medication.
- Personal hygiene items, such as tooth paste and soap.
- First aid supplies or a kit.
- Battery-operated radio for listening to emergency communications from officials.
- Flashlight and extra batteries.
- Cash in small denominations, such as \$5 bills.
- Change of clothing and footwear for each member of the family.
- Copies of all essential family documents like insurance policies and birth certificates.



You may have some of these basic emergency kit items already, such as a flashlight, battery-operated radio, food, water and blankets. The key is to make sure they are organized, easy to find and easy to carry (in a suitcase with wheels or in a backpack) in case you need to evacuate your home. Whatever you do, don't wait for a disaster to happen.

To learn more about compiling an emergency kit, or to order a kit, please visit www.redcross.ca/preparedness or www.getprepared.ca.

Ready. Kit. GO! is an emergency preparedness public education partnership between the Canadian Red Cross, Fire and Emergency Services Newfoundland and Labrador, and Newfoundland Power.

