

# 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](http://www.redcross.ca/preparedness) or [www.getprepared.ca](http://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.

