

# Fact Sheet

## Feuille de renseignements



Ministry of Community Safety  
and Correctional Services

Ministère de la Sécurité communautaire  
et des Services correctionnels

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## Emergency Survival Kit

- Emergencies and disasters can happen at any time. This could mean that utilities are out, roads are closed and we can't get the crucial supplies we need. Local, provincial and federal officials prepare for emergencies, and so can you.
- Everyone should be prepared to take care of themselves and their families for up to three days in the event of an emergency or disaster. With increased awareness of security concerns throughout Canada and the world, it makes sense to prepare for the unexpected.
- The lists below are recommended guidelines to help you gather the items you should have on hand and keep stored in a place everyone in your family knows about.
- If you are ever in an emergency situation, **don't panic**. People have survived three days without water and three weeks without food. Your home can retain heat for up to three hours in winter.

### Checklists

Think of any special needs someone in your family might have, and include any other items that your family would need. Here are some suggestions:

#### Babies/toddlers

Diapers, bottled milk, formula and food, toys, crayons and paper.

#### Other family members

Keep at least one week's supply of medication in your emergency kit and include extra eyeglasses, spare batteries for medical appliances and an extra oxygen cylinder if needed. Include copies of prescriptions for your medicine and glasses.

#### Pets

Include a three-day supply of pet food and water.

## **Food and water kit**

Have at least a three-day supply of food and water on hand. Choose ready-to-eat foods that your family likes and that don't need refrigeration.

Canned food, such as soups, stews, baked beans, meat, poultry, fish, vegetables, fruits.  
Crackers and biscuits, honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee, tea.

## **Water**

At least four litres per person per day should be allocated – two for drinking and two for food preparation, hygiene and dishwashing. Keep a supply of water purification tablets on hand as well.

**Note: Consume and replace canned food and dry goods once a year.**

## **Equipment**

- Knives, forks, spoons
- Disposable cups and plates
- Manual can opener, bottle opener
- Fuel stove and fuel (follow manufacturer's instructions; never use a barbecue indoors)
- Waterproof matches and plastic garbage bags
- Pocket knife or multi tool

## **Emergency survival kit**

- Flashlight and spare batteries
- Radio or crank radio (so you can listen to news bulletins)
- First-aid kit
- Candles, matches/lighter
- Extra car keys and cash (including coins/cards for telephone)
- Important papers (identification for everyone, personal documents such as insurance papers)
- Food and bottled water (See "Food list")
- Clothing and footwear (one change of clothes per person)
- Blankets or sleeping bags (one blanket or sleeping bag per person)
- Toilet paper and other personal supplies such as shampoo, hairbrush, tooth brush and toothpaste, soap and a towel and face cloth (one for each person)
- Medication
- Backpack/duffel bag (or something else to carry the emergency survival kit in, in case you have to evacuate)

- Whistle (in case you need to attract someone’s attention)
- Playing cards, gam

**Car kit**

- Shovel
- Sand, salt or kitty litter
- Traction mats
- Tow chain
- Compass
- Cloth or roll of paper towels
- Warning light or road flares
- Extra clothing and footwear
- Emergency food pack
- Axe or hatchet
- Booster cables
- Ice scraper and brush
- Road maps
- Matches and a “survival” candle in a deep can (to warm hands, heat a drink or use as an emergency light)
- Fire extinguisher
- Methyl hydrate (for fuel line and windshield de-icing)
- Flashlight
- First-aid kit with seatbelt cutter
- Blanket (special “survival” blankets are best)

**Important telephone numbers**

<b>Name, Telephone Number and/or Contact Information</b>	
My name	My phone number
My address	My city
Nearest intersection to my house	
<b>Emergency Telephone Numbers</b>	
Ambulance	Fire department
Police	Hospital

Poison control	Children's hospital
Family doctor	Dentist
Veterinarian	Pharmacy
Mother's work	Father's work
Other's work	Other relatives
Neighbour	Out-of-town contact person
Out-of-province contact person	Babysitter
Daycare centre	Pre-school
Elementary school	High school
Gas company	Hydro company
Telephone company	Handyman
Electrician	Plumber
Mechanic	Family lawyer
Accountant	Bank or financial advisor
Insurance agent	Landlord
Emergency roadside assistance	Taxi
Bus	Weather reports
Road conditions	Snow removal
Animal control	Disaster clean-up company
Crisis hotline	Social worker
Health department	Tele-health
Others	

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