

Basic items you will need to survive for 72 hours:

- **Water** - at least two litres of water per person per day (including small bottles that can be carried easily in case of an evacuation order)
- **Food** - that won't spoil, such as canned food, energy bars and dried foods (remember to replace the food and water once a year)
- **Manual can opener**
- **Flashlight and batteries**
- **Candles and matches or lighter** (remember to place candles in sturdy containers and to put them out before going to sleep)
- **Battery-powered or wind-up radio** (and extra batteries)
- **First Aid Kit**
- Special items such as **prescription medications, and equipment for people with disabilities**
- A copy of your emergency plan including **contact information**

Recommended additional kit supplies:

It is always a good idea to have extra supplies on hand. Here are some recommendations:

- Sleeping bag or warm (foil) blanket for each household member
- A whistle (in case you need to attract attention)
- Garbage bags for personal sanitation
- Toilet paper and other personal care supplies
- Safety gloves
- Basic tools (hammer, pliers, wrench, screwdrivers, fasteners, work gloves)
- Small fuel-driven stove and fuel (follow manufacturer's directions and store properly)
- Two additional litres of water per person per day for cooking and cleaning