

How to Build an Emergency Preparedness Kit

The information listed below indicates how to build an emergency kit for two people in a “worst-case” scenario with the probability of non-existent shelter, a non-existent food supply, and no assistance for seven days. Your kit can be expanded and customized to your preferences and family needs. (Some personal items have not been included).

Things to consider when making up an emergency kit:

- Weather conditions could be very wet and/or cold.
- Do not count on:
 - Your residence being intact – in fact it may be demolished and dangerous to enter to find survival items.
 - The Recreation Centre being available for shelter and food.
 - Fuel and food supplies being readily available.
 - Having access to a water supply.
 - Being able to move about in the community – power lines may be down, roads damaged, and escape routes eliminated.
 - Being able to purchase supplies from the local stores.
 - Being able to leave the community.
- Consider that:
 - You might be on your own for up to seven days.
 - You might be required to evacuate at moments’ notice.

Utilize items you have in your home:

- When you buy new towels, dish-clothes, dishtowels, oven mitts etc. put the old ones in your kit.
- Warm clothes that you no longer wear can be put into your kit.
- Extra cutlery, pots, frying pans etc. can also be utilized.
- Utilize garbage bags, ziploc bags from your home supply.
- Recycle plastic containers like sour cream containers, margarine containers, ice cream buckets, etc. to hold food and other supplies.

Other sources of emergency supplies:

- When you stay at a hotel, take the complimentary shampoo, soap, sewing kit etc. from your room and utilize them in your kit.
- Make a fire starter from cardboard egg cartons, lint from your dryer, and paraffin wax.
- Each time you grocery shop; purchase extra items to put into your kit.

Emergency Kit:

The following is a list of the items that can be included in your emergency kit. The kit is contained in 2 plastic garbage cans on wheels enabling ease of mobility.

Shelter:

Tent and fly
Tarp
Extra tent fly
Extra pegs
Rope
Duct tape

Bedding:

Cloth blanket
2 Thermal tarps/blankets
(for groundcover)
4 Thermal emergency blankets

Light:

Flashlight
Headlamp
Extra batteries
Candles

Personal Items:

Shampoo
Tylenol
Toothpaste and tooth brushes
Dental Floss
Deodorant
Feminine items
Razor
Hair brush
Sewing kit
Wet ones
Toilet paper
Bug repellent

Cooking Supplies:

Cooking pots
Frying pan
2 cups
2 plastic plates
Cutlery for two
Can opener
Butcher knife
Dish towels, dish clothes
Oven mitts
Dish washing liquid
Small propane cooking stove
3 small propane canisters
Fire sticks

Other:

Plastic bucket (porta-potti)
Ziploc bags – large and small
Garbage bags – large and small
Lighter and waterproof matches

Health & Safety:

1st Aid Kit
Imodium
Polysporin
Dust masks
Multi-vitamins

Clothes for each person:

Sweat pants & sweat shirts
Extra socks and underwear
Rain poncho & rain pants
Extra sweater
Work gloves

Food:

When packing food into your kit, split your food supplies between those that utilize water and those that do not utilize water. Try to balance your kit between heavy and light supplies. Pack hot and cold drinking supplies. Ensure you have a way of purifying your water – purification tablets or chlorine bleach.

Require water

Powdered Milk
Tea Bags
Sugar
Hot Chocolate

Do not require water

Apple Juice
Small drinking boxes of juice
Tetra pack Chicken and Beef
broth

Water
Purification tablets

Kraft Dinner
Oatmeal
Freeze-dried soups, pastas,
main-course entrees

Canned chili
Granola bars
Canned meats, soups, fruit,
fish, vegetables
Prepackaged fruit snacks
Canned fruit
Crackers

Other things to remember:

Prescription drugs
Extra eyeglasses
Toys and games for your children
Pet food/water
Radio

Tip and Tricks:

- Garden size garbage bags can also be used for rain gear.
- Dental floss can be used instead of rope in some situations.
- Purchase wind-up flashlights and radios to save keeping track of batteries.
- Remember to recycle outdated food, batteries, water, first aid items, and medications on a regular basis.