



# Emergency Supplies Checklist

## Be Prepared!

Being prepared for any emergency is everyone's responsibility. This checklist for emergency preparedness can help you and your family be better prepared.

### 1 Emergency Family Meeting Place

If a disaster occurs during the day or on a weekend, it's unlikely all family members will be at home. Involve all members of your family in selecting an emergency family meeting place. Be sure everyone knows exactly where it is. If the location is other than your home, make sure it's central to the places your individual family members visit most frequently.

You should also decide on an alternative system of communication in case all family members can't get to the meeting place. Designate an out-of-province contact your family members can check in with if regular communication and transportation systems are disrupted. Choose someone who has voice-mail or an answering machine and who lives outside of B.C. and the West Coast of the coastal United States.

### 2 Identification and Important Papers

Be sure every family member carries identification at all times. This identification could be a wallet card, clothing label, or metal "dog tag" with name, address and phone number. Health problems, such as diabetes or heart conditions, should be noted, as well as any allergies to medications.

Keep copies of all important personal papers in a fireproof, water-proof container.

### 3 First Aid

First aid supplies, and training, may mean the difference between life and death for an injured family member. It's a good idea to make sure at least one family member has participated in emergency first aid courses, such as those offered by the Canadian Red Cross or St. John Ambulance. You should also have a well-stocked first aid kit containing the supplies listed below, as well as copies of all drug and eyeglass prescriptions.

#### General Items:

- Adhesive bandages, assorted sizes . . . . .1 box
- Elastic bandage, 7.5 cm x 4.6 cm . . . . .2
- Elastic bandage, 10 cm x 4.6 cm . . . . .2
- Abdominal pads . . . . .2
- Sterile gauze pad, 5cm x 5cm, 10cm x 10cm . . . . .6 each
- Adhesive tape, 7.5cm x 4.6cm . . . . .1 roll
- Bandage gauze (cling strip 7.5cm) . . . . .1 roll
- Triangular bandages . . . . .6
- Thermometer (cases) . . . . .1
- Current First Aid Manual 1 box . . . . .1

#### Instruments:

- Heavy-duty clothes cutting scissors . . . . .1 pair
- Forceps, splint . . . . .1
- Pocket knife (Swiss army style) . . . . .1

#### Non-Prescription Items:

- Pain tablets . . . . .100
- Anti-nausea tablets . . . . .100
- Hydrogen peroxide 3% (plastic bottle) . . . 500 ml
- Antibiotic Skin ointment . . . . .15 g

## 4 Food

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Food is a key element to surviving a disaster. You and your family can assemble an emergency food pack using the list below. Choose food that doesn't need refrigeration; requires little or no preparation; meets any special diet needs; is familiar to your family; and is sealed to protect it from contamination by rodents, insects, humidity, ground water and drastic variations in temperature.

The food pack should be small, light and easy to transport if necessary. At minimum it should contain enough food for three days.

### Beverages:

- Water (see separate section for information)
- Juices (vacuum sealed, waxed containers, 500ml each with drinking straw)
- Evaporated canned milk (120ml cans)
- Coffee, tea, hot chocolate (pre-determined by individual family members)

### Canned Foods:

- Prepared meats
- Poultry
- Seafood
- Meat spreads
- Sauces
- Stews, baked beans, spaghetti
- Vegetables
- Fruits

### Freeze-dried Products:

- Meats
- Poultry
- Vegetables
- Fruits
- Stews
- Soups

### Instant Foods:

- Dried soups
- Sauces
- Cereals
- Oatmeal cookies
- Crackers
- Candies and jellies
- Peanut butter

### Foil Pouch Products:

- Stews
- Sauces
- Pasta dishes

### Infant Needs:

Based on your infant's special diet and requirements, you should be prepared for a survival period of from three to five days. Check with a pediatrician or family doctor to

be certain your pack contains the proper supply of nourishment.

### Additional Food-Related Supplies:

- Bottle opener
- Can opener
- Salt (in sealed container)
- Aluminum foil
- Plastic wrap
- Sealed containers for storage
- Paper plates and cups
- Plastic bags – different sizes, including orange garbage bags which can also be used as a signal flag

## 5 Water

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Readily available, clean, sealed and resealable water for drinking and cooking is essential. You need at least four litres of water per person per day – two for drinking and two for food preparation, hygiene and dish washing. Reduced intake of water can adversely affect your health and ability to survive.

There are many types of pre-filled bottled water available. Alternative safe water sources could include: covered wells; protected springs; contents of your hot water tank or the reserve storage tank on a toilet.

If no drinking water is available, liquids may be obtained from canned fruits and vegetables, and soft drinks.

If no liquids are available, or if you are uncertain of the safety of water that is available, the following precautions can be taken:

i) *Boil the water*

Boil suspected impure drinking water for a minimum of six minutes.

ii) *Purification*

Drinking water may be purified with chlorine bleach or iodine. The methods outlined below are the very minimal requirements for safety. Check with your doctor or local health authorities for more complete information.

To be fully effective, purification compounds must be in contact with the water for at least 30 minutes to kill all bacteria present. The water must be well mixed and should have a slight iodine or chlorine taste.

*Chlorine Bleach:* If the water is clear, two drops for the first litre, then one drop for every litre thereafter. If the water is cloudy, use three drops for the first litre and two for every litre thereafter.

*Tincture of Iodine:* Clear water requires a minimum of five drops per litre. Cloudy water requires a minimum of 10 drops per litre.

## 6 Clothing

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Plan the clothing you will need for different emergency scenarios, and determine how to gather it quickly.

In extremely cold conditions, you'll need multiple layers to reduce body heat loss. A hat and scarf can make a big difference because the areas of greatest heat loss from our bodies are the head and neck. In the summer, you'll need protection against the sun and heat.

### Clothing for emergency situations should include:

- Head and neck covering for hot and cold weather
- Shoes and boots – warm, strong, waterproof
- Heavy wool socks
- Rain gear – rubber-coated nylon or canvas
- Coats and jackets – to match the weather conditions
- Gloves – heavy-duty work gloves and leather mittens with wool liners

### Additional Clothing:

- Extra sweaters, rugged pants, sweatshirts and wool socks.

## 7 Prescription Medication

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Ask your family physician about storage of prescription medications you or members of your family might require.

## 8 Other Items

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For a complete emergency pack, consider adding the following items:

- Infant supplies (diapers, bottles, etc.)
- Blankets (two per person)
- Sleeping bags (one per person)
- Waterproof sheets (two per person)
- Towels
- Personal toiletries (soap, detergent, toothbrush, toothpaste, comb, razor, sanitary supplies, tissues)
- Rope, nails, hammer, axe, shovel, whistle
- Survival book
- Reading material, games
- Portable radio
- Flashlight
- Spare batteries (for above items)
- Candles (short, squat)
- Matches (preferably waterproof)
- Safety pins (assorted sizes)

- Signal flares and flag
- Dust mask and eye protectors
- Pet supplies (food, water, safety items)
- Money, including coins

All emergency supplies should be kept together in a pack or kit close to the door or accessible from the outside.

## Contact Information

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For additional information about how you and your community can be better prepared should disaster strike, contact your municipal emergency planner, Provincial Emergency Program (PEP) regional manager or the PEP headquarters in Victoria.

### PEP Headquarters

455 Boleskine Rd., Victoria, B.C. V8Z 1E7  
Tel: (250) 952-4913 Fax: (250) 952-4888

### Vancouver Island Region

455 Boleskine Rd.  
Victoria, BC V8Z 1E7  
Tel: (250) 952-5848  
Fax: (250) 952-4983

### South West Region

9800 - 140th St.  
Surrey, BC V3T 4M5  
Tel: (604) 586-2665  
Fax: (604) 586-4334

### Central Region

1255-D Dalhousie Dr.  
Kamloops, BC V2C 5Z5  
Tel: (250) 371-5240  
Fax: (250) 371-5246

### South East Region

403 Vernon St.  
Nelson, BC V1L 4E6  
Tel: (250) 354-6395  
Fax: (250) 354-6561

### North East Region

1541 South Ogilvie St.  
Prince George, BC  
V2N 1W7  
Tel: (250) 612-4172  
Fax: (250) 613-7887

### North West Region

2914 Eby St.  
Terrace, BC V8G 2X5  
Tel: (250) 638-2151  
Fax: (250) 638-2152

### PEP Academy

Justice Institute  
of British Columbia  
715 McBride Blvd.  
New Westminster, BC  
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Tel: (604) 528-5790  
Fax: (604) 528-5798

### PEP Web site:

<http://www.pep.bc.ca>

PEP Toll-free message  
line: 1-888-811-6233