

Know the risks

Learn about the natural hazards in Canada and in your region. More importantly, learn how to prepare for them – a natural hazard need not be a natural disaster. Being prepared can make a world of difference.

Make an emergency plan

By definition, emergencies happen when we don't expect them, and often when families are not together. Suddenly, you need to think about your kids at school or elderly parents across town. If phones don't work, or some neighbourhoods aren't accessible, what will you do?

Having a family emergency plan will save time and make real situations less stressful.

It will take you about 20 minutes to make a family emergency plan using the Make a Plan guide on this web page. Before starting, you will need to think about:

- Safe exits from home and neighbourhood
- Meeting places to reunite with family or roommates
- Designated person to pick up children should you be unavailable
- Contact persons close-by and out-of-town
- Health and insurance information
- Places for your pet to stay
- Risks in your region
- Location of your fire extinguisher, water valve, electrical panel, gas valve and floor drain

Get a Kit

In case of a major event you will need some basic supplies set aside. Many emergency kit items may already be in your home. It's just a question of taking some time and putting them together as your emergency kit.

Get started now – choose one and take a first step to Get Prepared!

Basic emergency kit

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.

Easy to carry – think of ways that you can pack your emergency kit so that you and those on your emergency plan can easily take the items with you, if necessary.

- **Water** – two litres of water per person per day (Include 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**
- **Battery-powered or wind-up radio** (and extra batteries)
- **First aid kit**

- **Special needs items** – prescription medications, infant formula or equipment for people with disabilities
- **Extra keys** – for your car and house
- **Cash** – include smaller bills, such as \$10 bills (travellers cheques are also useful) and change for payphones
- **Emergency plan** – include a copy of it and ensure it contains in–town and out–of–town contact information

Recommended additional items

The basic emergency kit will help you get through the first 72 hours of an emergency. In addition to this kit, we recommend you also have the following additional emergency supplies. Then you will be well equipped for even the worst emergency situations.

- **Two additional litres of water per person per day** for cooking and cleaning
- **Candles and matches or lighter** (place in sturdy containers and do not burn unattended)
- **Change of clothing and footwear** for each household member
- **Sleeping bag or warm blanket** for each household member
- **Toiletries**
- **Hand sanitizer**
- **Toilet paper**
- **Utensils**
- **Garbage bags**
- **Household chlorine bleach or water purifying tablets**
- **Basic tools** (hammer, pliers, wrench, screwdrivers, work gloves, pocket knife)
- **Small fuel-operated stove and fuel**
- **Whistle** (to attract attention)
- **Duct tape**

Emergency car kit

If you have a car, prepare an emergency car kit and keep it in the vehicle. The basic emergency kit for cars should include the following items:

- **Food** – that won't spoil, such as energy bars
- **Water** – in plastic bottles so they won't break if frozen (change every six months)
- **Blanket**
- **Extra clothing** and shoes
- **First aid kit** – with seatbelt cutter
- **Small shovel, scraper and snowbrush**
- **Candle** in a deep can and **matches**
- **Wind–up flashlight**
- **Whistle** – in case you need to attract attention
- **Roadmaps**
- **Copy of your emergency plan and personal documents**

Also keep these inside your trunk:

- **Sand, salt or cat litter (non clumping)**

- **Antifreeze/windshield washer fluid**
- **Tow rope**
- **Jumper cables**
- **Fire extinguisher**
- **Warning light** or road flares