

Grab & Go Bag (for Adults & Seniors)

You should have a Grab & Go Bag for every member of your family in the event that you need to evacuate quickly due to a house fire, gas leak, or other emergency. This bag contains the very basic items you would need to meet your needs for a 6-12 hour period.

- Flashlight & batteries
- Battery or wind up radio
- 1 litre of water
- High-energy snacks
- Sturdy shoes
- Important documents, Identification & Contact Information (copies of insurance papers, passports, drivers licenses, care cards, bank accounts...)
- Orange garbage bag;
- Medications
- Cash- coins and small bills
- Extra eyeglasses
- Small First Aid Kit
- Warm clothing (sweater, socks)
- Emergency blanket;
- Whistle



Grab & Go Bag (for Children)

- Suggested items: a small, sturdy bag (lunch kit or small backpack); glow stick;
- whistle;
 - foil emergency blanket;
 - 1 liter water & energy bar;
 - change for payphone or prepaid phone card;
 - out-of-area contact card;
 - HELP/OK sign;
 - large orange garbage bag (rain cover, reflective covering...);

In a small zip lock bag, enclose:

- pictures of your child; child with family; child with pet (with identifying information on back);
- information re: designated meeting place;
- contact list

Also: spare glasses, list of allergies, urgent medical needs; change of clothes;

- a comfort toy;
- a deck of playing cards or game

Shelter-in-Place Home Emergency Kit

We recommend that you have a Shelter-in-Place Home Emergency Kit with enough supplies so that you and your family can be self-sufficient for a minimum of 7 days.

You can purchase the basics of your kit from organizations like the Canadian Red Cross, St. John Ambulance, BC Hydro, from First Aid supply stores, or you can build one yourself with things from around your home.

First you need to get ready!

- find or buy a backpack, duffel bag, suitcase or garbage can with wheels (size will depend upon the number in your family)
- decide on an **easy-to-reach, accessible place**, such as your front closet, mudroom or shed, to store your Shelter-in-Place Home Emergency Kit
- make sure everyone in your household knows where to find it**

Emergency Water & Food Supplies

- Water** - have available at least 4 litres of water per person per day for 7 days (Include small bottles that can be carried easily in case of an evacuation order)



This amount is sufficient for drinking, brushing your teeth, basic food preparation, washing dishes and other hygiene needs.

- Food** - we recommend that you store enough **Emergency Food** for at least 7 days for each member of your family. This **Emergency Food Supply** should include food that:
 - **is compact, lightweight and easy to carry and store; has a variety of canned and pre-packaged foods; has a shelf life of at least six months; requires little or no water for preparation (see suggestions below)**
 - ◆ *Think about how you are going to heat or cook food if there is no power source; plan on having alternate sources of heat/fuel.*



Don't forget
about us!



AND YOUR POINT WOULD BE..

Then add;

- Manual Can Opener** (for human and pet food)
 - Flashlight** (and batteries)
 - Radio** (battery or wind-up) (extra batteries)
 - Emergency candles and matches or lighter** (place candles in sturdy containers; *use with caution!*)
 - Whistle** (to attract attention) (3 short blasts- signal for help)
 - Extra Keys** for your car and house
 - Cash** in smaller bills (\$5's & \$10's) and **change** for payphones (35cents/call)
 - First Aid Kit**- you should add the following into your **First Aid Kit, Grab & Go Bag and/or Shelter-in-Place Home Emergency Kit**:
 - Prescription medications**- have at least a 1-2 weeks supply of medication
 - Include **copies of any prescriptions** you may take regularly
 - Any **special items**- infant formula, diapers, equipment for people with disabilities (extra batteries for any of this equipment)
 - Eyeglasses** (extra pair)
 - Important Documents, Contact Lists & Identification** (copies of insurance papers, passports, drivers licenses, care cards, bank accounts, important phone numbers...)
- Other items we recommend you consider adding:** sleeping bags/blankets, clothing, tools, work gloves, tents, garbage bags, duct tape....

Suggestions for your Shelter-in-Place Home Emergency Food Supply

- canned food with a high liquid content such as soups and stews (can eat cold)
 - snack-sized canned goods with pull-top lids or twist-open keys
 - canned juices. Foil packets and foil-lined boxes are suitable because they are tightly sealed and will keep for a long time.
 - high-energy foods, such as granola bars & trail mix
 - salt-free crackers, biscuits & whole grain cereals
 - salt, pepper, sugar, instant coffee, tea bags
 - comfort/stress foods such as hard candy, sweetened cereals, candy bars and cookies
 - foods for persons on special diets (for example, diabetics or those with allergies)
 - multi-vitamins and mineral pills.
- (water and food should be recycled once a year)