

Home Emergency Kit

Quick Checklist



Coquitlam

Below is a list of basic items that should be included in your home emergency kit. Remember to personalize your kit to meet individual needs.

Water

- 4 litres per person per day to be used for drinking, cooking and washing
- Water purification tablets

Beverages

- Juice, evaporated or dried milk

Food

- Foods that won't spoil (e.g. canned, dried and instant)
- Can opener, plates, cooking supplies

Clothing

- Change of clothing for each family member including shoes and rain gear

First Aid Supplies

- Well-stocked first aid kit and manual
- Consider taking first aid training

Medication

- One week supply of prescription and/or other medications

Personal Items

- Soap, towels, toothpaste and toothbrushes
- Deodorant, toilet paper, or towelettes
- Spare eyeglasses, baby products, and pet supplies

Supplies and Tools

- Plastic bags of varying sizes
- Battery powered radio with extra batteries
- Flashlight with extra batteries
- List of important phone numbers
- Cash
- Pen and paper
- Insurance information
- Matches and candles
- Rope, duct tape, clear plastic, shovel, knife and pry bar
- Hammer and safety goggles
- Work gloves, dust masks
- Blankets and/or sleeping bags

Grab - and - Go Kit

Prepare a small, portable Grab - and - Go Kit to keep in your vehicle and/or at work:

- Cash
- Local area map
- Water and energy bars
- First aid kit
- Multi-purpose tool and whistle
- Flashlight, battery powered radio and extra batteries
- Basic toiletries, toilet paper and hand sanitizer
- Prescription medications and eyeglasses
- Change of clothing, shoes and rain poncho