



# Westlock Ready

# BUILD YOUR EMERGENCY

# STAY AT HOME 72 HOUR KIT



Use this kit if you need to stay at home during an emergency, such as shelter-in-place situations or extended power or water outages. Plan to have enough supplies for at least 72 hours.

Keep everything in a waterproof container or duffel bag, and ensure everyone in your household knows where it is stored. Review your kit twice a year to replace expired food, water, and medications, and to restock any missing items.

## Suggested contents include:

### Water

- At least a three-day supply for each person. Children, nursing mothers and people who are ill require more water.
- Two litres per person for drinking
- Two litres per person for washing, hygiene and food preparation
- Water treatment supplies (water purification tablets, filters or bleach)

### Non-perishable Food

- At least a three-day supply: select foods that require no refrigeration, preparation or cooking, and little or no water
- Manual can opener

### First Aid Supplies

- First aid kit & first aid manual
- Prescription and non-prescription medication
- Toilet paper and personal hygiene products

### Tools and Supplies

- Battery-operated radio, flashlight and extra batteries

- Lantern and fuel, candles
- Matches in a waterproof container
- Pocket knife or multi-tool
- Alternate cooking source
- Plastic garbage bags
- Duct tape
- Whistle to attract attention

### Clothing & Bedding

- Warm clothing
- Blankets or sleeping bags
- Copy of Important Legal, Financial and Health

### Documents

- Keep important family records and documents in a waterproof, portable container or a bank safety deposit box including:
- Passport, birth certificate, adoption papers, immigration papers, wills
  - Social insurance/health care card
  - Marriage licence/divorce papers
  - Bank account numbers, cheque book
  - Credit card account numbers and companies

- Insurance documents: home, tenant, auto, life
- Photos, list or video of your personal and household possessions for insurance purposes
- Professional appraisals of personal property
- Family medical history & current medication lists
- Current picture of each family member
- Emergency contact numbers
- Your family's Emergency Plan

### Pets and Service Animals

- Pets are an important part of every family and should be considered in all emergency preparations. See the Pet and Service Animal Checklist for a complete list.
- Three-day supply of food, water and medications for each pet and/or service animal
  - Special equipment the animals might need
  - Litter bags