

# FACTS



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## EMERGENCY FOOD & WATER SURVIVAL KITS

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**Your emergency food and water kit should include enough food and water for three days. Include ready-to-eat foods that require no refrigeration.**

### Drinking Water

- at least four litres per person per day (2 litres for drinking and 2 litres for dishwashing, food preparation, and hygiene)
- remember to include enough water for your pets
- you can store large quantities of bottled water in a basement or cold storage area in well sealed containers. Make sure the area is cool and dark. Bottled water has a two years shelf life. Health Canada recommends you replace it after a year.

### Food

- canned food such as soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits
- crackers and biscuits
- honey, peanut butter, syrup, jam, salt & pepper, sugar, instant coffee, tea

### For Babies and Toddlers

- diapers
- bottled milk
- toys, crayons and paper

### For Other Family Members

- prescription medication
- extra eye glasses
- keep at least one week's supply of medication in your emergency kit and include copies of prescriptions for your medicine and glasses

### Equipment

- knives, forks, spoons
- disposable cups and plates
- manual can opener, bottle opener
- fuel stove and fuel (follow manufacturer's instructions) Don't use a barbecue indoors.
- waterproof matches and plastic garbage bags

# — *Health & Environment Facts* —

## **Emergency Survival Kit**

- flashlight and batteries
- radio and batteries or crank radio
- spare batteries
- first-aid kit
- candles and matches or lighter
- extra car keys and cash (including coin for telephone)
- important papers (identification for everyone, personal documents)
- food and bottled water
- clothing and footwear (one change of clothes per person)
- blankets or sleeping bags
- toilet paper and other personal supplies
- medication
- backpack or duffel bag (or something else in which to carry the emergency survival kit in case you are evacuated)
- whistle, to attract attention to yourself
- playing cards, games

## **Emergency Car Kit**

- shovel
- sand, salt or kitty litter
- traction mats
- tow chain
- compass
- cloth or roll of paper towels
- warning light or road flares
- extra clothing and footwear
- emergency food pack
- axe or hatchet
- booster cables
- ice scraper and brush
- road maps
- matches and a "survival" candle in a deep can (to warm hands, heat a drink or use as an emergency light)
- fire extinguisher
- methyl hydrate (for fuel line and windshield de-icing)
- flashlight
- first-aid kit with seatbelt cutter
- blanket