

FACTS



SURVIVAL KITS

Prepare Food and Water Emergency Kits

Have on hand at least a three day supply of food and water. Choose ready to eat foods and select food that does not require refrigeration.

Water

- Drinking water: at least four litres per person per day (2 litres for drinking and 2 litres for hygiene, dishwashing and food preparation).

Food

- Canned food: soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits
- Crackers and biscuits
- Honey, peanut butter, syrup, jam, instant coffee, tea

Replace canned food, dry goods and bottled once a year.

Equipment

- Knives, forks, spoons
- Disposable cups and plates
- Manual can opener
- Alternate means of cooking (follow manufacturer's instructions)
- Waterproof matches and plastic garbage bags

Prepare an Emergency Survival Kit

- Flashlight and batteries
- Radio and batteries
- Spare batteries for radio and flashlight
- First aid kit
- Candles and matches/lighter
- Clothing and footwear
- Blankets and sleeping bags
- Receptacle, plastic bags and toilet tissue