

## Household Emergency Kit

If you are able to stay in your home following a disaster, you may not have heat, electricity, or gas for several days. A home kit will help you cope without these services. You may already have many of these items in your home, but it is important to have them in one place and remember to replace water, food and batteries regularly.

Having an emergency kit will help you survive and recover after a disaster. Remember, following a devastating event, it could take days, or even weeks before services are fully restored, or it is safe to return to your home. It may seem daunting at first, but there are some simple steps you can take to prepare emergency kits for you, your family, and your pets.

You can purchase ready-made kits at a number of local and online suppliers, or you can begin to assemble one yourself from extra items you may already have at home. The lists below will help you identify your needs.

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- Water (at least 4L per person, per day for drinking and hygiene)
- Food (non-perishable items like canned food, crackers, honey or peanut butter, and a comfort food) \*Note: Be sure to select foods that do not require water to cook
- Food preparation items such as cutlery, cup/plates and a manual can opener
- A copy of your family disaster plan
- Crow bar and crescent wrench to turn off gas (turn off only if you smell gas)
- Radio to listen to emergency broadcasts
- Spare batteries
- Gloves for clearing debris
- Additional items found in your Grab & Go bag