

In the event of a major emergency or disaster, normal emergency services are often interrupted. You should be prepared to be self sufficient for at least the first 72 hours after an emergency.

72-hour emergency kit

Your 72-hour emergency kit should reflect your family's unique needs. Your kit should include the following items in a bin or bag that is easy to grab if you need it.

▶ Food and water

- ▶ food that won't spoil, such as protein/granola bars, crackers, canned goods, cereals, trail mix, etc.
- ▶ water and liquids (four litres per person per day)

▶ Clothing and bedding

- ▶ extra seasonal-appropriate clothing and shoes
- ▶ extra undergarments and socks
- ▶ extra bedding, such as sleeping bag, blanket or emergency heat blanket

▶ Personal supplies and medication

- ▶ first-aid kit
- ▶ toiletries, such as toilet paper, personal and feminine hygiene, toothbrush and toothpaste, etc.)
- ▶ cleaning supplies, such as hand sanitizer, dish soap, dish towel, etc.
- ▶ medication and medical supplies
- ▶ copies of prescriptions
- ▶ back-up pair of prescription glasses

▶ Equipment

- ▶ manual can opener
- ▶ dishes and utensils
- ▶ battery-powered or crank radio
- ▶ extra batteries
- ▶ pen and paper
- ▶ pocket knife
- ▶ duct tape
- ▶ whistle
- ▶ cell phone and charger
- ▶ basic tools
- ▶ work gloves
- ▶ garbage, recycle and sealable clear plastic bags

EMERGENCY PREPAREDNESS TIP SHEET

BUILD AN EMERGENCY KIT

▶ Light and fuel

- ▶ battery-powered or crank flashlight/lamp
- ▶ candles with candleholder
- ▶ lighter
- ▶ waterproof matches

▶ Documents and identification

- ▶ personal identification
- ▶ copies of critical documents, such as birth certificates, social insurance numbers, health care cards, insurance policies, banking information, etc.
- ▶ contact list
- ▶ copy of your emergency plan

▶ Special considerations

- ▶ If you are pregnant, breastfeeding or have infant children, you may want to pack breastfeeding aids, formula, bottles, baby food, extra water, diapers, wipes, extra clothes, prenatal vitamins, ointments and medications for mom and child.
- ▶ If you have any mobility needs, you will want to include appropriate supports, such as a tire patch kit for a wheelchair, spare battery for your scooter, or spare catheters.
- ▶ If you have allergies or chronic conditions, you will want to consider packing additional supplies, such as a medical alert bracelet or identification, extra supply of insulin, pump supplies, container for storing used syringes and extra food.
- ▶ If you have pets, you will want to pack a pet carrier, pet food, extra water, extra collar, harness and leash, blankets/towels, toys, medication and copies of vaccination records.

▶ Distraction and comfort items

- ▶ small toys and stuffed animals
- ▶ playing cards and games
- ▶ books and magazines
- ▶ colouring books and markers
- ▶ charging cords for any electronic devices

You should review and update your 72-hour emergency kit each season to ensure it is seasonally appropriate and the contents haven't expired.

Vehicle emergency kit

Drivers should have an emergency kit in their vehicle before travelling. Here's what to pack:

- ▶ water
- ▶ non-perishable food
- ▶ blankets
- ▶ candle in deep tin and waterproof matches
- ▶ extra clothing and footwear (weather appropriate)
- ▶ first-aid kit
- ▶ small shovel, scraper and snowbrush
- ▶ battery-powered or crank flashlights/lamps with extra batteries
- ▶ battery-powered or crank radio
- ▶ phone charger
- ▶ whistle
- ▶ package of wipes/tissues or toilet paper
- ▶ sand, salt or non-clumping cat litter
- ▶ antifreeze
- ▶ windshield washer fluid
- ▶ booster/jumper cables
- ▶ tow ropes

View our preparing for emergencies tip sheet to learn more about the steps you can take now to prepare for an emergency.

*Information contained in this tip sheet has been modified from the **Alberta Emergency Management Agency**.*

Contact Leduc County Fire Services

Phone: 780-955-7099

Fax: 780-955-9401

fireservices@leduc-county.com

leduc-county.com/emergency-preparedness