

EMERGENCY KIT CHECKLIST

When an emergency happens, you will need to have some things ready to use at a moment's notice. You can prepare an Emergency Kit at any time, so you are more prepared when the worst happens, and so you don't forget something important in the rush of the moment! It is recommended you be prepared for at least 72 hours.

Here are some basic things to include in your Emergency Kit:

	2L of water per person (in small bottles for portability)
	Food (canned goods, energy bars, dried foods, etc.)
	Manual can and bottle openers
	Wind up, battery, or solar powered flashlight (with extra batteries)
	Wind up, battery, or solar powered radio (with extra batteries)
	First Aid Kit
	Prescription medications (insulin, etc.)
	Copies of important family documents (insurance, contacts, etc.)
	Cash (including smaller bills)
	Spare keys (house, car, etc.)
	Cell phone/tablet chargers (with extra batteries or power packs)
	Basic tools (screwdriver, hammer, utility knife, etc.)

(Some information from Public Safety Canada)

REMO
Regional Emergency
Management Organization
Pictou County



If you have babies or young children in your household, remember to pack formula, diapers, small toys, and simple activities in your kit!



If you have pets, keep 3 days supply of pet food, treats, cat litter/pee pads, and any other pet necessities in your Emergency Kit!

Other items you should consider for your Emergency Kit include: extra change of clothes for each household member; hygiene products and toiletries; sleeping bags or blankets; basic tools (utility knife, hammer, screwdriver, etc.); candles or kerosene lanterns; camp stove; hand sanitizer; garbage bags

If you live in an area that may need to be evacuated for any reason, you may not have time to pack beforehand. You should also have a Go Bag that includes a change of clothes for each household member; hygiene products and toiletries; sleeping bags or blankets; copies of important documents; extra prescription medicine; cell phone, tablet, and laptop chargers.