

## Home and Shelter-in-Place Kit

After a disaster, it's best to remain in your own home if you can do so safely. You will need supplies for cooking, making temporary repairs and providing comfort for your family. The emergency supplies should be kept separate from the things you normally use, to ensure they are available and in working order.

### Basic

- Potable (drinkable) water:** 4 litres per person per day for at least 7 days, plus water for pets.
- Food, emergency stove and cooking equipment:** a variety of long-storing healthy foods that do not need refrigeration and are easy to prepare and eat under difficult conditions, such as nutritious canned food.
- Health and safety:** home first aid kit and first aid manual; power failure lights for halls/stairwells; fire extinguishers.
- Communications:** a landline phone that operates on a phone jack and does not require electrical power (corded phone) or an emergency radio (battery- or solar-powered, or wind-up).
- Heat, light and warmth:** sleeping bags (much warmer than regular bedding, Mylar blankets, ground sheets or air mattresses, newspaper (for insulation); camping tent or tarpaulin and ropes (in case house is unsafe and there are no other alternatives); flashlights with lots of batteries, light sticks, battery-powered or solar lanterns.
- Sanitation and hand-washing:** duct tape, lots of plastic garbage bags, emergency toilet kit, disposable gloves, outside garbage can for disposal of waste bags, toilet paper, baby wipes, liquid soap, alcohol-based hand sanitizer, potable water and paper towels.
- Rescue, repair and clean up:** tarpaulins, nylon ropes, duct tape, plastic sheeting and/or large garbage bags; axe, crowbar, hacksaw; aluminum shut-off wrench for gas meter; head lamp, work gloves, dust masks, coveralls, sturdy shoes, goggles, rags, non-permeable disposable gloves, clean utility water (non drinkable), detergents, and large, clear plastic garbage bags for taping over broken windows.
- Household generator and fuel:** especially for needs such as refrigerated medication, medical appliances and equipment, etc. Generators must never be operated in the house or other enclosed space. Generators may be a target for theft if left unattended.

## Storage Tips

Finding extra space to store emergency supplies can be a challenge. It is important to keep them in working order and accessible.

- ▶ If you have a camper or trailer, you may already have all the emergency supplies you need. Remember to restock so that your grab & go bag and shelter-in-place kits are always ready for emergencies.
- ▶ Place supplies in a large, covered container – preferably plastic or rubber and on wheels. Put the contents inside a tightly closed plastic bag before placing them in the container. Place desiccant sachets in your containers to keep things dry.
- ▶ Keep supplies off concrete floors (condensation will rust cans and concrete will leach into plastics). Store food and water away from gasoline and other chemicals.
- ▶ Food, water and supply containers can be stored on a non-concrete floor, preferably close to an exit.
- ▶ Make room in an accessible area for a first aid kit, radio and flashlights or light sticks. Store additional batteries separately nearby.

## Emergency Kit for Pets

Don't expect pet rescue centres to have supplies for pets during an emergency. This is your responsibility.

- food/water (seven day supply)
- manual can opener
- ID tag and collar
- recent photos of you and your pet to assist with reunification
- sturdy crate/carrier
- copy of pets' current vaccination history
- pet first-aid kit
- medications and instructions
- dog leash/harness and muzzle
- phone numbers and addresses (pet friendly hotels, emergency vet clinic, local animal shelter, boarding kennels, etc.)
- non-spill bowls
- litter and box for cats and other small critters

## First Aid

- ▶ Consider taking a first aid course. Some are available for children.
- ▶ Store one week's supply of prescribed medications and copies of critical medical information in your grab & go bag. Rotate medications after every purchase.
- ▶ Buy a first aid kit and supplement it with other supplies, or assemble your own using suggestions from the list below. Storing supplies in a case with a handle (e.g. fishing tackle box or tool box) makes them easier to carry. Tape a list of contents inside the lid. When the clocks change in Spring and Fall, replace expired items.

### Bandages

- bandaids
- pressure bandages
- butterfly bandages
- 3-6 triangular bandages
- rolled gauze ( 1", 2", 3" widths)
- bandage, sterile rolls (2", 4" widths)
- splinting materials
- adhesive tape
- tensor bandages
- cotton-tipped swabs

### Medications & Remedies

**(include remedies appropriate for your children)**

- pain relievers, anti-itch powder/lotion
- antibiotic ointment
- sunscreen, insect repellent
- lip balm, cold-sore cream
- diarrhea control, anti-nausea
- antacid, laxative
- eye drops, ear drops
- antihistamines

### Additional supplies

- first aid manual
- pen and notebook
- scissors, safety pins
- tweezers and magnifying glass
- individually wrapped alcohol swabs
- plastic bags
- needle and thread
- thermometer
- tissue
- pre-moistened towelettes
- hot water bottle and small towel
- instant cold packs
- Mylar/space blankets
- disposable gloves



## Cooking Equipment

- manual can opener (invest in a good one that always works)
- utility knife
- bottle opener
- stove and fuel supply
- waterproof matches
- pot and pan (with lids)
- ladle, spatula, serving spoon, BBQ tongs
- oven mitts or pot holders
- paper towels (lots)
- heavy-duty aluminum foil
- a variety of large and small heavy duty plastic garbage bags
- disposable cutlery, dishes and cups (to reduce potable water consumption)
- dish detergent, pot scrubber and unscented chlorine bleach
- duct tape

## Tips

- ▶ Pressure cookers reduce cooking time and fuel consumption during a simple power outage. In more complex and disruptive disasters such as floods and earthquakes, prepare food that can be quickly heated or eaten cold.
- ▶ Have at least one alternative to your kitchen stove (e.g. kerosene camp stove; sterno stove; compact stove with fuel pellets; buffet burner with butane cartridges (a.k.a. “storm buster”); or charcoal/propane/natural gas barbecue, hibachi).
- ▶ Barbecues, camp stoves and most other types of stoves and fuels emit deadly amounts of carbon monoxide and are not safe for indoor use. Store extra propane, charcoal, lighter fluid and matches outside. Always follow the manufacturer’s instructions.
- ▶ Know how and where to operate the stove safely. In all situations, ensure that the stove is on a stable, non-flammable surface and away from combustibles. Do not cook over a live flame if aftershocks are occurring frequently.
- ▶ Fireplaces – inspect chimney and flue for cracks before using.
- ▶ Small portable stoves and compact fuels are easy to carry if you are evacuated and must provide your own cooking equipment.
- ▶ Heavy-duty aluminum foil saves having to clean a pan, thus saving potable water. Covering a plate with plastic wrap does the same.