



First Aid & CPR Training Group

home emergency preparedness kit

Here is a great resource from the American Red Cross about what to include in your home emergency preparedness kit. Create a kit for your family and feel at ease knowing you are ready for anything!

At a minimum, have the basic supplies listed below. Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home) | Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home) | Flashlight | Battery-powered or hand-crank radio (NOAA Weather Radio, if possible) | Extra batteries | First aid kit | Medications (7-day supply) and medical items | Multi-purpose tool | Sanitation and personal hygiene items | Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies) | Cell phone with chargers | Family and emergency contact information | Extra cash | Emergency blanket | Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane) | Baby supplies (bottles, formula, baby food, diapers) | Games and activities for children | Pet supplies (collar, leash, ID, food, carrier, bowl) | Two-way radios | Extra set of car keys and house keys | Manual can opener

Additional supplies to keep at home or in your kit based on the types of disasters common to your area:

Whistle | N95 or surgical masks | Matches | Rain gear | Towels | Work gloves | Tools/supplies for securing your home | Extra clothing, hat and sturdy shoes | Plastic sheeting | Duct tape | Scissors | Household liquid bleach | Entertainment items | Blankets or sleeping bags

DID YOU KNOW?

Honey is the only true non-perishable food item that can double as disinfectant and can help wounds heal faster. YUM!

NOTE: A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.



ON-SITE

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www.onsitefirstaid.ca | 416.986.2551