

Suggested Emergency 72 hr Preparedness Kits - Grab and go kits

(Thanks to our ESS Colleagues on Quadra Island who prepared this document)

Keep in your car (hidden) or in a place near the door in the house, where you can grab it if you are ordered to evacuate for any reason. If you are into it for minor emergencies, make sure you replace whatever you had to use at the earliest opportunity.

Contents.

First Aid kit. – include tweezers, polysporin, dressings, disposable gloves, safety pins, bandaids. Triangular, crepe and self-clinging bandages. Hydrogen peroxide. Wetwipes

Small sewing kit – the sort you find in hotel rooms.

Superscissors.

Help/OK sign (should have one in your car anyway)

Surveyors' tape

Windup flashlight/radio/ cellphone charger.

whistle

6 tea candles, lighter.

2 dust masks

emergency foil blanket

nylon rope.

Duct tape.

Felt tip marker

2 rolls TP, wetwipes, hand sanitizer.

Work gloves

Garbage bags, orange and green

Ball of string

Non perishable snacks

3 days' worth of medications. Rotate these so they don't outdate.

WRITTEN LIST of medications with dosage.

Bag with toiletries – toothbrushes, paste, floss, soap, moisturiser, shampoo, towel, washcloth. Tide to go stick – takes out those stains.

Fem hygiene products.

Spare eyeglasses.

Can/bottleopener.

Roll of quarters for phone calls (or phone card).

Multipurpose knife. Or multi tool.

Tarp - the 2.4x3m is a good size for emergency shelter.

Change or two of underwear, socks.

Change of clothing – seasonal. Include comfortable walking shoes. Hat and gloves.

Rain gear!!

small polarfleece blanket(s)

Card with out of area contact phone #'s. (also photocopy of DL, passport, etc might be handy – but keep in secure location!).

Books, photos, cards, items that make you feel comfortable.

Notebook, pen or pencil.

Small calendar – wallet sized is good.

Water container – 10 L collapsible is good.

Drinking water – finally a justifiable use for bottled water!

Pet stuff – food, beds, leashes, travelling crates (with the pets inside?) towels (roll of paper towels) plastic poop bags. Pets' meds. Card with vet's phone number and clinic hours.

Stuff to grab if you are given more time – ie evacuation alert.

Water. Lots of it.

Cash. If the power goes down ATM's do too.

Documents* – all the important stuff. Insurance papers. Passport. Birth, marriage certificates. Financial info. Social Insurance cards. The rest of those cards.

More clothing.

Towels

Bedding – that favourite pillow.

Photo albums.

Articles of sentimental value.

Computer hard drive.

Jewellery.

Cooler with ice and extra food, water.

Books, cards, games for the kids, favourite toys.

Small electronics, cd's, etc

Toolbox.

Anything you feel you can't live without and can stuff in the car!

Make up your own personal list and keep it handy so that when the alert happens you can refer to it; in a panic situation there is much to remember when one's brain might not be working as clearly as usual.

* Check out www.mylifeinabox.com for more info on creating a file of all your valuable papers. The newsletter section with the archived articles contains much information on personal emergency preparedness – and it's free advice!