

Suggestions for preparing a 72-Hour Emergency Kit

Check out www.getprepared.ca and the Emergency Measures Organization of Prince Edward Island. It's quick and easy to buy an emergency kit. **The Canadian Red Cross** has a kit available to buy on their website. **The Salvation Army** also has a **standard kit as well as a car kit** available for purchase on its website. Various other kits and emergency supplies are also available for sale from other commercial entities.

Add items to your kit such as: • Additional emergency supplies • A copy of your emergency plan • Photocopies of personal documents • A household emergency contact list

Home Survival Kit that you can make yourself may include the following items:

flashlight / batteries radio / batteries first aid kit (see below for suggestions) candles / matches extra set of car and house keys cash and coins sleeping bag duffle bag to carry these supplies in case you have to evacuate whistle **Babies / Children / Toddlers:** diapers / wipes and change of clothing bottled milk favorite toy and/or blanket books/small games crayons and paper **Other family members:** at least one week supply of prescription medication and copy of prescriptions extra clothing personal supplies (soap / toilet paper / feminine napkins) eyeglasses and/or contact lenses paper/pen/books/cards/ **Pets:** pet food, at least a three day supply have foods available that your family likes choose food that doesn't require refrigeration such as ready-to-eat canned meats, fruits and vegetables water - 1 gallon or 4 litres / per person / day canned juices / soup powdered or canned milk (store extra water to mix) high-energy foods (peanut butter, honey, jelly, crackers, granola bars, trail mix) cookies, hard candy, sweetened cereals, instant coffee, tea bags manual can opener paper cups, plates, and plastic utensils all-purpose knife aluminum foil / plastic wrap / sealable plastic bags

Keep these supplies in an easy to find spot in your home in case you need them in an emergency: You should have at least a 3 day supply of items and remember to check them regularly (when you change your smoke detectors?) to ensure that the items are viable.

Car Survival Kit: It is recommended that the following items be kept in the trunk of your car: shovel sand or salt traction mats tow chain compass cloth or roll of paper towels warning light or road flares set of extra clothing and footwear emergency food pack (water / granola bars / canned food) booster cables ice scraper and brush matches and a candle in a deep can (to warm hands, heat a drink or use as an emergency light)

Your basic first aid kit: A basic first aid kit may contain: ★ plasters in a variety of different sizes and shapes ★ small, medium and large sterile gauze dressings ★ at least 2 sterile eye dressings ★ triangular bandages ★ crêpe rolled bandages ★ safety pins ★ disposable sterile gloves ★ tweezers ★ scissors ★ alcohol-free cleansing wipes ★ sticky tape ★ thermometer (preferably digital) ★ skin rash cream, such as hydrocortisone or calendula ★ cream or spray to relieve insect bites and stings ★ antiseptic cream ★ painkillers such as tempera/tylenol/advil include children's painkillers as well as those for adults remember children under the age of 16 should not be given aspirin ★ cough medicine ★ antihistamine tablets ★ gravol