

Home Emergency Kit Checklist

An emergency kit is good prepping for a variety of different situations, the least of which could be harsh weather that knocks out some of the comforts you're used to. You can purchase pre-made home and vehicle emergency kits and first aid kits from a variety of stores or from online sources like <https://www.canadiansafetysupplies.com/> or <https://totalprepare.ca/>. You can also buy individual emergency kit products to put your kit together. It will likely be cheaper and will have just what is relevant for the needs of you and your family.

Here is a summary of what your kit should include, but you may find some of these not relevant for you and you may want to add a few other items, so use this as a guide to be prepared and adjust as needed.

- Portable radio with spare batteries
- Waterproof matches and lighters
- Rain poncho
- First Aid kit (see list below)
- Critical medications and eyeglasses (if applicable)
- Flashlight and/or headlamp
- Dust masks
- Spare cash
- Duct tape
- Basic tool kit
- Utility Rope (50 ft.)
- Blankets or sleeping bags for each family member
- Food (canned and individually packaged & precooked)
- Water (at least 40 litres)
- Water purification tablets
- Manual can opener
- Grill (outside use)
- Pots and pans with utensils
- Plastic bags (various sizes for trash and waste disposal)
- Chlorine bleach and powdered chlorinated lime (add to sewage to disinfect and keep away insects)
- Toilet paper
- Toiletries, personal hygiene supplies
- Instant hand warmers
- Whistle
- Playing cards
- Colouring/activity books
- Pens/pencils/pencil crayons

First Aid Kit Checklist

If you've ever bought a First Aid Kit before, you may have some of the lesser used items and lacking some other ones, so buying some items is probably the way to go, but First Aid kits of all sizes are available to buy so do your research and do what works best for you. Here's a list of some of the things to have in your kit:

- Sterile gauze pads (dressing) in small and large squares for wound protection
- Adhesive tape
- Roller and triangular bandages to hold dressing in place or to make an arm sling
- Adhesive bandages in assorted sizes
- Scissors
- Tweezers
- Safety pins
- Instant ice packs
- Disposable non-latex gloves, such as surgical or examination gloves
- Flashlight and/or headlamp with extra batteries
- Antiseptic wipes or soap
- Pencil and writing pad
- Emergency blanket
- Eye patches
- Thermometer
- Barrier devices such as a pocket mask or face shield
- Suture kit
- Burn gel packets
- Compress pressure bandage
- CPR mask/face shield
- First aid manual

Emergency Vehicle Kit Checklist

These are items that will help you in an emergency (or could be handy to have for a variety of situations) while you're away from home. Some of these items will be in your home emergency kit, but it doesn't hurt (and can be a big help!) to have them in more than one place.

- Tow rope with hooks
- Jumper cables
- Fire extinguisher
- Flare/reflective warning sign
- Windshield washer fluid
- Bag of sand or salt (or non-clumping cat litter)
- Small shovel
- Snowbrush
- Blanket
- First aid kit
- Tool kit and/or multi-tool
- Extra clothing
- Whistle
- Flashlight and/or headlamp
- MRE's (Meals Ready to Eat – multi year shelf life) or other food source
- Water pouches/bottles
- Rain poncho
- Toilet paper
- Heavy duty work gloves
- Duct tape
- Utility rope (50 ft.)
- Seat belt cutter