

# 72 HOUR STAY AT HOME KIT CHECKLIST

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Use this kit at home when sheltering-in-place or for extended power or water outages. You and your family will need to be prepared for at least 72 hours.

Store items in a waterproof container or duffle bag and make sure everyone knows where it's located. Check your kit twice a year to ensure freshness of food, water and medication and to restock any items. Items to include:

### Water

- At least a three-day supply for each person. Children, nursing mothers and people who are ill require more water.
  - Two litres per person for drinking
  - Two litres per person for washing, hygiene and food preparation
- Water treatment supplies (water purification tablets, filters or bleach)

### Non-perishable Food

- At least a three-day supply: select foods that require no refrigeration, preparation or cooking, and little or no water
- Manual can opener

### First Aid Supplies

- First aid kit & first aid manual
- Prescription and non-prescription medication
- Toilet paper and personal hygiene products

### Tools and Supplies

- Battery-operated radio, flashlight and extra batteries
- Lantern and fuel, candles
- Matches in a waterproof container
- Pocket knife or multi-tool
- Alternate cooking source
- Plastic garbage bags
- Duct tape
- Whistle to attract attention

### Clothing & Bedding

- Warm clothing
- Blankets or sleeping bags

### Copy of Important Legal, Financial and Health Documents

Keep important family records and documents in a waterproof, portable container or a bank safety deposit box including:

- Passport, birth certificate, adoption papers, immigration papers, wills
- Social insurance/health care card
- Marriage licence/divorce papers
- Bank account numbers, cheque book

- Credit card account numbers and companies
- Insurance documents: home, tenant, auto, life
- Photos, list or video of your personal and household possessions for insurance purposes
- Professional appraisals of personal property
- Family medical history & current medication lists
- Current picture of each family member
- Emergency contact numbers
- Your family's Emergency Plan

### Pets and Service Animals

Pets are an important part of every family and should be considered in all emergency preparations. See the **Pet and Service Animal Checklist** for a complete list.

- Three-day supply of food, water and medications for each pet and/or service animal
- Special equipment the animals might need
- Litter bags

