

EMERGENCY PREPAREDNESS

EMERGENCY KIT ESSENTIALS



Personalize your kit to suit the needs of your family

Tools and Supplies

- | | |
|---|---|
| <input type="checkbox"/> Crank / Battery-operated radio, flashlight and extra batteries | <input type="checkbox"/> Manual can opener |
| <input type="checkbox"/> Candles & a deep can | <input type="checkbox"/> Garbage bags |
| <input type="checkbox"/> Waterproof matches | <input type="checkbox"/> Pen & Paper |
| <input type="checkbox"/> Pocket knife or multi-tool | <input type="checkbox"/> Water treatment supplies (purification tablets, filters or bleach) |
| <input type="checkbox"/> Duct tape | <input type="checkbox"/> |
| <input type="checkbox"/> Whistle to attract attention | <input type="checkbox"/> |
| <input type="checkbox"/> City map for locating shelters | <input type="checkbox"/> |

First Aid & Hygiene

- | | |
|---|--|
| <input type="checkbox"/> First aid kit & manual | <input type="checkbox"/> Hand sanitizer |
| <input type="checkbox"/> Medication (prescription & non-prescription) | <input type="checkbox"/> Personal hygiene products |
| <input type="checkbox"/> Toilet paper | <input type="checkbox"/> |

Family Members with Special Needs

Additional items to consider for children, elderly and/or disabled persons:

- | | |
|--|--------------------------|
| <input type="checkbox"/> Denture needs | <input type="checkbox"/> |
| <input type="checkbox"/> Hearing aids and batteries | <input type="checkbox"/> |
| <input type="checkbox"/> Extra supplies (e.g. oxygen, catheters) | <input type="checkbox"/> |

Pets and Service Animals

See the **Pet and Service Animal Checklist**

Additional Items for Staying at Home

Non-perishable Food

- At least a 3-day supply per person. Select foods that require no refrigeration, preparation or cooking, and little or no water.
- Specialty food items for those with an allergy/intolerance
- Baby food/formula
- Alternate cooking source

Water

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

Information courtesy of the City of St. Albert

For more information: <https://stalbert.ca/beprepared>

Family / Emergency Contacts

Name:

Work/School Name:

Address:

Phone Number(s):

Email:

Name:

Work/School Name:

Address:

Phone Number(s):

Email:

Name:

Work/School Name:

Address:

Phone Number(s):

Email:

Name:

Work/School Name:

Address:

Phone Number(s):

Email:

Name:

Work/School Name:

Address:

Phone Number(s):

Email:



In an emergency, texting may work better than calling.

Out-of-Area Family/Friend Contact Info

Contact locations can also be used as pre-determined meeting places should all forms of communication be unavailable and you are not able to get to your home.

Name:

Address:

Phone Number(s):

Email:

Name:

Address:

Phone Number(s):

Email:

Neighbourhood Safety

Work with your neighbours to identify people who may need extra help during an emergency. To help make sure everyone is taken care of, assign “block buddies.”

Friend / Neighbour

Name:

Phone Number(s):

Home Address:

Email:

Notes:

Friend / Neighbour

Name:

Phone Number(s):

Home Address:

Email:

Notes:

Family Medical Contacts

Family Physician: _____

Pharmacist: _____

Other: _____

Medical Equipment and Devices (e.g. pacemakers, wheelchair, etc...)

	ITEM	STYLE & SERIAL #
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Individuals / Suppliers to contact in an emergency

Special instructions (e.g. how to collapse wheelchair)



Remember to keep a copy of this information in your emergency kit, and give a copy to your personal support network.

Household Safety

Grab-and-Go Kit location:

Fire extinguisher location:

Water valve location:

Utility company phone number:

Electrical panel location:

Gas valve location: *(Shut off gas only when authorities tell you to do so)*

Floor drain location:

Evacuation Plan

If directed to evacuate, take your emergency kit with you. Stick to the evacuation route you have been told to follow and go to a reception centre or evacuation shelter. When you arrive, **be sure to register** with the reception centre staff.

Make arrangements ahead of time with relatives or friends for temporary lodging during an evacuation. Choose one location that is not too far from your home in the event of a small, localized evacuation. Choose another that is farther away in case there is a major incident that requires widespread evacuation.

Place to Stay in the Event of an Evacuation:

Name:

Phone Number(s):

Address:

Email:

2 Travel routes to this location:

Name:

Phone Number(s):

Address:

Email:

2 Travel routes to this location:

1. To Do in Emergency

- LISTEN** to the radio or TV
- LIKE OR FOLLOW** City of St. Albert social media channels
Facebook: [cityofstalbert](https://www.facebook.com/cityofstalbert)
Twitter: [@cityofstalbert](https://twitter.com/cityofstalbert)
- SIGN UP** to receive Alberta Emergency Alerts
at emergencyalert.alberta.ca
- SHUT OFF** utilities if instructed to do so
- TAKE** your Emergency Kit
- ENSURE** your pets are cared for
- LOCK** up your home
- REGISTER** at the reception centre

2. To Take if Evacuated

- Emergency Kit
- Pet(s)
- Priceless items (e.g. photos, jewelry, valuables)
- Computer (and cable)
- Cell phone and charger
- Keys, wallet, purse
- Medications / prescriptions
- Glasses / contacts, dentures, hearing aid
- Personal hygiene items
- 1 change of warm clothing and footwear
- Blankets or sleeping bags
- Emergency food (e.g. energy bars)
- Alternate cooking source & pots
- Spare fuel container
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-
-
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Check your kit, important documents, and lists at least twice each year. A good time to inspect it is when you are changing your clocks. Check that all items are in working order and use your checklist to ensure that your kit is still complete.

Kit last updated: