

Household Emergency Kit

ENOUGH SUPPLIES FOR A MINIMUM 5 DAYS

- Drinking water (4 litres per person per day). Store water in sealed, unbreakable containers.
- Non-perishable food.
- Manual can opener, plates, cups, cutlery, pocket knife.
- Alternate cooking source with fuel.
- Warm clothing, rain gear, sturdy shoes.
- A tent with sleeping bags or blankets.
- A first aid kit including any prescription medications. Keep a list of all necessary prescriptions for all family members.
- An extra pair of glasses.
- A battery-powered radio, flashlight and plenty of extra batteries (hand-crank versions now exist that require no batteries).
- Cash: small bills and change.
- An extra set of car keys.
- Special items for infants, elderly or disabled family members, and pets.
- Any necessary toiletries.

Store this kit in a safe, dry location where it can be accessed quickly.

Emergency Kit for your Car

- Hand-crank or battery radio, flashlight with extra batteries, candles, matches.
- Blanket, warm hat and gloves.
- Fire extinguisher.
- First Aid kit
- Bottled water and non-perishable, high energy foods such as dried fruit, nuts.
- Car tool kit (booster cables, basic tools, pocket knife, shovel, flares).
- Sturdy shoes or boots.

Create a Home Emergency Plan

- Meet with household members to discuss the dangers of severe weather, earthquakes, fires, and other emergencies.
- Find the safe spots around your home for each type of emergency.
- Discuss what to do about power outages and personal injuries.
- Discuss escape routes from each area of your house.
- Locate water, gas and electricity main switches and show family members how to shut them off when necessary.
- Post emergency telephone numbers near telephones. (Emergency numbers can also be saved in cell phones).
- Designate one local contact and one out-of-province contact your family members can check in with if local communication and transportation systems are disrupted.
- Teach children how and when to call 911, police, fire or ambulance.
- Pick two emergency meeting places:
 - 1) A place near your home in case of sudden evacuation.
 - 2) A place outside your neighbourhood in case you're away when the disaster occurs and you can't return home.
- Take a basic first aid course
- Practise your plan at least once per year. Update your emergency kits at the same time.

Powell River Regional District



**Emergency
Preparedness
in Rural Areas**

