Emergency Supplies Lists

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# **Grab-and-Go Bag and Home, Service Animal, Vehicle, and Work Kits**

The Province of BC recommends storing supplies in one or two containers, such as plastic bins or duffel bags. Store these in an area of your home where they will be easily accessible such as a hall closet, spare room or garage.

A grab-and-go bag is a small emergency kit that is easy to take with you, in case you need to leave your home quickly. It's a good idea to make grab-and-go bags for your home, service animal, vehicle and workplace.

When evacuating, bring your grab-and-go bag as well as your regular purse/bag, which should include your wallet with government-issued photo ID, your health card, bank card/credit card, cell phone and keys to your home.

The lists below are to be used as a guide only. Please include and exclude items as appropriate. You can customize these lists to your needs.

# **Grab-and-Go Bag**

* Bottled water
* Food (ready to eat)
* Copy of your emergency plan
* Copies of important documents, such as insurance papers in a waterproof container and available electronically
* Identification (photocopies of government-issued photo-ID, including your Personal Health Number)
* Cash in small bills
* Small first-aid kit
* Medications
* Small battery-powered or hand-crank radio
* Extra keys to your car and house
* Emergency blanket
* Cellphone charger
* Multi-function knife
* Duct tape
* Garbage bag(s)
* Portable power bank to recharge your cellphone
* Extra storage for your digital device (SD card / USB drive)
* Battery-powered or hand-crank flashlight
* Light sticks
* Personal hygiene items including travel-sized toiletries (toothbrush/toothpaste, feminine hygiene products)
* Face mask (type for dust filtration)
* Hand sanitizer
* Heavy-duty gloves
* Local map with your family meeting place identified
* Extra batteries
* Pen and notepad
* Whistle
* Eating utensils
* Instant hand warmers
* S.O.S. sign
* Extra pair of shoes and a change of clothes for each household member
* An extra pair of glasses or contact lenses if applicable
* Spare white cane
* Recording device/audiobook player

# **Home Emergency Supplies Kit**

* Water – Four litres of water per person per day (purchase small bottles that can be carried easily in case of an evacuation order). \*see note below
* Food that won’t spoil, such as canned food, energy bars and dried foods (replace food and water once per year or according to expiry dates.)
* Medications
* First aid kit
* Manual or battery operated can-opener
* Crank or battery-powered flashlight (and extra batteries). Replace batteries according to expiry date
* Crank or battery-powered radio (and extra batteries) or a weather radio
* Cash in smaller bills
* Personal hygiene items including travel-sized toiletries (toothbrush/toothpaste, feminine hygiene products)
* Specialized medical equipment
* Candles and matches or lighter (place candles in deep, sturdy containers and do not burn unattended)
* Sturdy shoes and change of clothes for each household member
* Sleeping bag or warm blanket for each household member
* Hand sanitizer
* Garbage bags
* Household chlorine bleach
* Water purifying tablets
* Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocketknife)
* A whistle (in case you need to attract attention)
* Duct tape (to tape up windows, doors, air vents, etc.)
* Emergency plastic sheeting

## **Optional Additional Items**

* Solar panels to power small items such as laptop, cellphone, etc.
* Generator as a backup for electrical power – this is especially important if you have life-saving equipment such as a breathing ventilator or a CPAP machine

Notes:

\* Four liters of water per person per day is suggested for both drinking and sanitation. At minimum, each person should maintain an emergency supply of two liters of drinking water for hydration. To help cut down on the amount of water that might need to be stored, consider purchasing body cleansing wipes to use for personal hygiene.

A minimum of one small fire extinguisher should be in every home. Fire extinguishers are usually kept in or near kitchens. Every member of your household should know where it is and how to use it.

# **Guide Dog/Service Animal Kit**

* 30 ml of water per kg of animal’s body weight per day
* 7-day supply of your dog’s regular food in an airtight, waterproof container
* Food and water bowls – [bag n bowl kibble carrier](https://store.guidedogs.com/bag-n-bowl-kibble-carrier.html)
* Disposable waste bags
* [Extra collar or harness as well as an extra leash or tie-down.](https://store.guidedogs.com/dog-items/equipment/)
* Copies of emergency contacts including your vet’s information and medical records.
* A two-week supply of any medicine your pet requires (Remember, food and medications should be rotated out of your emergency kit—otherwise they may go bad or become useless)
* A traveling crate or sturdy carrier
* Foot protection for your dog in the event that there is broken glass, embers, or other obstructions along your evacuation route.
* [Blanket](https://store.guidedogs.com/fleece-rug.html)
* Pet first-aid kit
* Flashlight or [safety light](https://store.guidedogs.com/audible-beacon-safety-light.html)
* Recent photos of your service animal/pets and you together (in case you are separated)
* A special toy or chew toys to provide some stress relief
* Copies of your service animal/pet’s registration information, vaccinations, and other relevant documents in a waterproof container and available electronically
* Grooming supplies

Note:

Be sure that animals are wearing their collars with identification and all pets are microchipped.

# **Vehicle Emergency Supplies Kit:**

* Bottled water
* Food that won’t spoil (such as energy bars)
* Emergency Plan
* List of contact numbers
* Blanket
* First aid kit with seatbelt cutter
* Flashlight (crank or battery-powered)
* Candle in a deep can and matches
* Radio (crank or battery-powered)
* Extra alkaline batteries
* Small shovel, scraper and snowbrush
* Warning aid or road flares
* S.O.S. sign
* Extra clothing and shoes
* Whistle

## **Optional Additional Items**

* Antifreeze
* Windshield washer fluid
* Fire extinguisher
* Road maps
* Sand, salt or cat litter (non-clumping)
* Tow rope and jumper cables

# **Work Emergency Supplies Kit:**

Check what supplies your employer already has on hand. Consider the following items and keep them ready to grab from your office space. Keep these items stored in an accessible location, within a backpack or zippered bag.

* Bottled water (4 liters per person per day)
* Non-perishable food (canned foods & juices, energy bars, ready-to-eat packaged meals, etc.)
* Medications
* Copy of Emergency Plan
* First aid kit
* Can opener for food
* Crank or battery-powered flashlight and radio (replace batteries once a year)
* Extra alkaline batteries
* Light sticks
* Whistle
* Emergency cash in small denominations
* Personal hygiene items including travel-sized toiletries (toothbrush/toothpaste, feminine hygiene products)
* Cell phone charger
* Change of clothing/footwear
* Extra pair of glasses (if applicable)
* Emergency contact info (daycare/school/family/work numbers, out of area contacts, etc.)
* Picture of loved ones to help locate those who are missing/lost

# **Resource References**

This information was gathered from multiple sources including but not limited to:

<https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/build-an-emergency-kit-and-grab-and-go-bag>

<https://www.getprepared.gc.ca/cnt/rsrcs/pblctns/yprprdnssgd/yprprdnssgd-eng.pdf>

<https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/build-an-emergency-kit-and-grab-and-go-bag#:~:text=Pets%20need%20about%2030%20mL,cup%20of%20water%20each%20day>

<https://www.guidedogs.com/blog/preparing-for-an-emergency>