FAMILY EMERGENCY SUPPLIES DETAILED CHECKLIST

1 Emergency Meeting Place

If a disaster occurs during the day or on a weekend, it's unlikely all family members will be at home. Involve everyone in selecting a family emergency meeting place and a way of contacting each other. Make sure the emergency meeting location is central to the places individual family members visit most frequently.

You should also decide on a system of communication in case all family members can't get to the meeting place. Designate an out-of-province contact your family members can check in with if regular communication and transportation systems are disrupted.

Participate in regular family drills and make sure every family member is part of the planning process. Update your plans regularly as circumstances changes. Always consider those with disabilities or special needs.

2 Identification and Important Papers

Be sure each family member carries personal identification. This identification could be a wallet card, clothing label, or ID bracelet with name, address and phone number. Health problems, such as diabetes or heart conditions, should be noted, as well as any allergies to medications.

Keep copies of all important personal papers including home insurance, wills, identification, credit card numbers and records of passwords in a fireproof, water-proof container.

3 First Aid Supplies

First aid supplies, and training, may mean the difference between life and death for an injured family member. It's a good idea for at least one family member to have participated in emergency first aid courses, such as those offered by the Canadian Red Cross or St. John Ambulance. You should also have a well-stocked first aid kit containing suggested supplies listed below. Include copies of all drug and eyeglass prescriptions.

General Items:

- ❑ Adhesive bandages, assorted sizes..... 1 box
- ❑ Elastic bandage, 7.5 cm x 4.6 cm 2
- ❑ Elastic bandage, 10 cm x 4.6 cm 2
- ❑ Abdominal pads..... 2
- ❑ Sterile gauze pad, 5 cm x 5 cm, 10 cm x 10 cm ..... 6 each
- ❑ Adhesive tape, 7.5 cm x 4.6 cm ..... 1 roll
- ❑ Bandage gauze (cling strip 7.5 cm)..... 1 roll
- ❑ Triangular bandages 6
- ❑ Thermometer (cases) 1
- ❑ Current First Aid Manual 1 box 1

Instruments:

- ❑ Heavy-duty clothes cutting scissors ..... 1 pair
- ❑ Forceps, splint 1
- ❑ Pocket knife (Swiss army type) 1

Non-Prescription Items:

- ❑ Pain tablets..... 100
- ❑ Anti-nausea tables..... 100
- ❑ Hydrogen peroxide 3% (plastic bottle) ... 500ml
- ❑ Antibiotic skin ointment..... 15g

4 Food

Water and food are key elements to surviving a disaster. You and your family can assemble an emergency food pack using the list below. Choose food that doesn't need refrigeration, requires little or no preparation, meets any special diet needs, is familiar to your family and is sealed for protection. Protect items from contamination by rodents, insects, humidity, ground water and variations in temperature.

Some suggested items include:

Beverages:
- ❑ Water (see separate section for information)
- ❑ Juices (vacuum sealed, waxed containers, 500 ml each with drinking straw)
- ❑ Evaporated canned milk (120 ml cans)
- ❑ Coffee, tea, hot chocolate (optional)

Canned Foods:
- ❑ Prepared meats
- ❑ Poultry
- ❑ Seafood
- ❑ Meat spreads
- ❑ Sauces
- ❑ Stews, baked beans, spaghetti
- ❑ Vegetables
- ❑ Fruits

Freeze-dried Products:
- ❑ Meats
- ❑ Poultry
- ❑ Vegetables
- ❑ Fruits
- ❑ Stews
- ❑ Soups

Instant Foods:
- ❑ Dried soups
- ❑ Sauces
- ❑ Cereals
- ❑ Oatmeal cookies
- ❑ Crackers
- ❑ Candies and jellies
- ❑ Peanut butter

Foil Pouch Projects:
- ❑ Stews
- ❑ Sauces
- ❑ Pasta dishes

Infant Needs:
Check with a pediatrician or family doctor to be certain your pack contains the proper supply of nourishment.

Additional Food-Related Supplies:
- ❑ Bottle opener
- ❑ Can opener
- ❑ Salt (in sealed container)
- ❑ Aluminum foil
- ❑ Plastic wrap
- ❑ Sealed containers for storage
- ❑ Paper plates and cups
- ❑ Plastic bags – different sizes, including orange garbage bags which can be used as a signal flag.

5 Water

Readily available, clean, sealed and re-sealable water for drinking and cooking is essential. Plan for at least four litres of water per person per day, two for drinking and two for food preparation, hygiene and dish washing.

There are many types of bottled water available. A supply of bottled or pouch water should be considered. Alternative water sources could include: covered wells, protected springs, contents of your hot water tank or the reserve storage tank on a toilet. *

In an emergency situation, if no drinking water is available, liquids may be obtained from canned fruits and vegetables and soft drinks.

If you are uncertain of the safety of water that is available, find out more about the following precautions that can be taken:

i) *Boil the water*
Boil suspected impure drinking water for a minimum of six minutes. *

ii) *Purification*
Drinking water may be purified with purification tables, or small amounts of chlorine bleach or iodine. *Check with your local health authorities for more complete information*. *

* Some of these sources may only provide water for cooking, hygiene and washing.

6 Clothing

Plan the clothing you will need and determine how to gather it quickly.

In extremely cold conditions, you'll need multiple layers to reduce body heat loss. A hat and scarf can make a big difference because the areas of greatest heat loss from our bodies are the head and neck. In the summer, you will need protection against the sun and heat.

Clothing for emergency situations should include:

- ❑ Head and neck covering for hot and cold weather
- ❑ Shoes and boots — warm, strong, waterproof
- ❑ Heavy wool socks
- ❑ Rain gear — rubber-coated nylon or canvas
- ❑ Coats and jackets — to match the weather conditions
- ❑ Gloves — heavy-duty work gloves and leather mittens with wool liners

Additional Clothing:

- ❑ Extra sweaters, rugged pants, sweatshirts and wool socks.

7 Prescription Medication

Inventory a supply of any prescription medication needed by individual family members and ask your family physician about storage life of these medications.

8 Other Items

For a complete emergency pack, consider adding the following items:

- ❑ Items for people with disabilities or special needs
- ❑ Infant supplies (diapers, bottles, etc.)
- ❑ Blankets (two per person)
- ❑ Sleeping bags (one per person)
- ❑ Waterproof sheets (two per person)
- ❑ Towels
- ❑ Personal toiletries (soap, detergent, toothbrush, toothpaste, comb, razor, sanitary supplies, tissues)
- ❑ Rope, nails, hammer, axe, shovel, whistle
- ❑ Survival book
- ❑ Reading material, games
- ❑ Portable radio
- ❑ Flashlight
- ❑ Spare batteries (for above items)
- ❑ Candles (short, squat)
- ❑ Matches (preferably waterproof)
- ❑ Safety pins (assorted sizes)
- ❑ Signal flares and flag
- ❑ Dust mask and eye protectors
- ❑ Pet supplies (food, water, safety items)
- ❑ Money, including coins

All family emergency supplies should be kept together in a pack or kit close to the door or accessible from the outside.

9 Grab and Go Kits

Another important consideration is to have additional "grab and go" kits for your home, office and car. This kit has the very basic supplies you would need in case of an unexpected evacuation. You might be asked to leave the area on short notice and register at a reception centre. Items may include:

- ❑ Flashlight
- ❑ Battery powered radio
- ❑ First aid kit
- ❑ Multi-purpose tool
- ❑ Cash
- ❑ Identification
- ❑ Prescription medication and eyeglasses
- ❑ Personal items
- ❑ Basic survival items such as water and energy bars
- ❑ Garbage bag or emergency poncho

For more information go to www.pep.gov.bc.ca