

## Three steps to being prepared

- Know the Risks
- Make a Plan
- Build a Kit

To learn about the risks in your community, contact your local emergency management office or visit the Alberta Emergency Management Agency website for details.

## Shelter-in-Place vs Evacuate

Depending on the situation, you may be instructed to shelter-in-place or to evacuate. In these situations, local authorities are your best source of information.

Shelter-in-place means you must remain inside your building until the threat has past. This includes closing and locking windows and exterior doors to protect yourself. Always listen to directions from the authorities to ensure you are protecting yourself according to the threat. Having an emergency kit available will help you stay safe and comfortable while you take shelter.

Evacuation notices are instructions for you to prepare to leave (evacuation alert) or to leave immediately (evacuation order). Authorities will not ask you to leave unless they have reason to believe that you are in danger. Having an emergency kit allows you to grab what you need and go.

Do not assume an evacuation will only last a few hours. Plan to evacuate with enough items to keep your family comfortable for a minimum of 72 hours.

## Remember

Being prepared does not happen overnight. Use this checklist to build your kit over time. By taking small steps, you and your family can be prepared without overwhelming your schedule or your budget.

Pre-made kits can be purchased; however, it is recommended that families customize their kit to meet their needs.

## Be Informed

Beginning April 6, 2018, all Canadian wireless service providers are required to broadcast emergency alerts received from alerting authorities directly using Cell Broadcast distribution.



The new national emergency alert system is a complement to Alberta Emergency Alert. Only the most serious alerts will be sent using the new wireless public alerting system. Alberta Emergency Alert will provide more detailed information about urgent and developing issues.

For official disaster warnings and updates, download the Alberta Emergency Alert App from your phone's app store.



## Contact

**Alberta Emergency Management Agency**

**14515 -122 Avenue NW**

**Edmonton, Alberta, T5L 2W4**

**Website: [www.aema.alberta.ca](http://www.aema.alberta.ca)**

**Phone Toll Free: 1-888-671-1111**

**Email: [aema.stakeholders@gov.ab.ca](mailto:aema.stakeholders@gov.ab.ca)**

# Emergency Kit Checklist

## Be Prepared

Create your own emergency kit to help you and your family stay safe until emergency responders can reach you. Your kit should contain enough supplies to keep you and your family safe and comfortable for a minimum of 72 hours. This checklist is meant to be a guide only. Personalize your kit to suit the needs of you and your family.

## The time is now

Disasters cause confusion and distress. Your own personal preparedness can make a big difference in helping you manage an emergency and speed your recovery afterwards.

Taking the steps to be more prepared now can reduce the stress of making important decisions about where you will go and what you will do if you find yourself in an urgent situation.



## Build a Kit

Prior to an emergency, pull together some basic supplies and store in an easily accessible location. This allows you to quickly grab your supplies and go in an urgent situation.

You can build a family size kit or smaller individual kits that are meant to 'grab-and-go'. Personalize your kit to fit the needs of you and your family. Remember, your kit supplies should keep you comfortable for minimum 72 hours.

## Food and Water

- Water (4L per person per day)
- Non-perishable food such as protein/granola bars
- Trail mix/dried fruit
- Crackers and cereals
- Canned meat, fish and beans
- Canned/boxed juice

## Clothing and Bedding

- Change(s) of clothing appropriate for the season
- Extra undergarments and socks
- Raincoat, poncho, jacket
- Spare shoes
- Sleeping bag, blanket or emergency heat blanket

## Light and Fuel

- Battery-powered or crank flashlights/lamps
- Candles with candle holder
- Lighter
- Waterproof matches



**Emergency kits come in all shapes and sizes. You can use Tupperware bins, backpacks or a suitcase on wheels.**

## Equipment

- Manual can opener
- Dishes and utensils
- Battery-powered or crank radio
- Extra batteries
- Pen and paper
- Pocket knife
- Duct tape
- Whistle
- Cell phone and charger with spare batteries
- Basic tools and work gloves

## Personal Supplies and Medication

- First-aid kit
- Toiletries (toilet paper, personal and feminine hygiene, toothbrush and toothpaste)
- Cleaning supplies (hand sanitizer, dish soap, dishtowel etc.)
- Medication (acetaminophen, ibuprofen, children's medication, prescription medication)
- Copies of prescriptions
- Back-up pair(s) of prescription glasses
- Pet food and supplies
- Garbage, recycle and Ziploc bags

## Documents and identification

- Personal I.D.
- Copies of legal documents such as birth certificate, marriage certificate, last will and testament, passport, citizenship papers
- Insurance policies
- Money (small bills and change)
- Credit card information
- Copy of your emergency plan
- Contact list
- A list of personal items in your home that you would want to take with you, if time allowed (such as photo albums, computers, back-up hard drive, family heirlooms etc.)

**Storage of your documents and identification is a personal decision and will be based on your risk tolerance.**

## Distraction and comfort items

- Small toys or figurines
- Deck of cards or other small games
- Reading material
- Kids activity books
- Colouring books with markers
- Back-up charging cords for devices
- Crossword puzzles or Sudoku
- A notebook and a pen
- Comfort items such as family photos, an important blanket or stuffed animal

## Consider your situation

Emergency supply requirements vary depending on your needs. You will need to decide which items are essential for you and your family. Consider:

- Women who are breastfeeding or pregnant
- Infants or very small children
- Persons with mobility issues or who require additional support
- Severe allergies
- Chronic medical conditions

Not sure what to pack or how to prepare? Talk to your health practitioner(s) for advice on what you should do.

## Tips for building and maintaining your kits

- Update your kit every six months to ensure food and medications are not expired, water is fresh, clothing still fits, documents are up-to-date and batteries are charged.
- Use daylight savings as a reminder to refresh your kit.
- Consider seasonal requirements when you update. In the spring include bug spray and sunscreen. In the fall include warm clothing, mittens and toques.
- Divide items into groups and pack in Ziploc bags. It helps organize and protect kit contents if you have a leak caused by melting, broken or spoiled items.