

Emergency Preparedness Checklists (Canada)

Level 1: The Basics

- Flashlight + batteries
- 4L water per person per day (3-day supply)
- Canned food or granola bars (plus can opener if needed)
- First aid kit
- Copies of ID, insurance info
- Phone charger
- Blanket or emergency foil wrap
- Medications
- Whistle
- Printed local map

Level 2: The Upgrade

- Emergency radio (hand crank or solar)
- Battery bank for your phone
- Pads, tampons, and other hygiene items
- Pet food and leash
- Multi-tool, duct tape, paracord
- N95 masks
- Work gloves
- Waterproof matches or lighter

Level 3: You're Taking Care of Many

- Generator or solar power station
- Camp stove and small propane or fuel canisters
- LifeStraw or water purification tablets
- Sleeping bags and a tent or tarp

Emergency Preparedness Checklists (Canada)

- Rain ponchos or raincoats
- Large first aid kit (with scissors, tweezers, dressings, etc.)
- Multifunctional axe or multitool
- Folding shovel
- Fire starter (magnesium block or striker)
- Lantern or headlamp
- Entertainment for kids/adults (cards, books)
- Extra fuel (stored safely)
- Emergency contact sheet for each family member
- Printed paper map
- Compass (and knowledge to use it!)

Little Black Book Essentials

- Names + phone numbers of family and emergency contacts
- Social Insurance Numbers (SIN)
- Provincial health card numbers
- Blood types
- Allergies and current medications
- Insurance policy numbers
- Emergency meeting spot info
- Banking/utility account numbers (no passwords)

If There's Time: Sentimental Bag

- Small photo album or USB with family photos
- Sentimental jewellery or heirlooms
- Letters, keepsakes, or items with meaning
- Copy of your child's artwork
- Comfort item (stuffed animal, favourite book, etc.)