

Other important tips

- Use daylight savings time as a reminder to update your kit for the season and to check expiration dates on food and medications.
- Add bug spray and sunscreen in spring and warm clothing, mittens and toques in fall.
- Make sure water is fresh, clothing still fits, documents are up-to-date and batteries are charged.
- Group items into sealable clear plastic bags to organize and protect your kit's contents from possible leaks.
- Add to your kit a little at a time to lessen the strain on your schedule and wallet.

Knowing when to stay or go

Depending on the situation, you may be instructed by authorities to shelter-in-place or to evacuate.

- If you are told to shelter-in-place, you must remain inside your building with doors and windows locked until the threat has past.
- If you are given an Evacuation Alert, you must prepare to leave.
- If you are given an Evacuation Order, you must leave immediately. Authorities will not ask you to leave unless they have reason to believe that you are in danger.

Be ready Stay informed

To learn about the risks in your community, contact your local emergency management office, or visit alberta.ca/emergency-preparedness.aspx

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

Be prepared

Build your emergency kit



Alberta Emergency Management Agency

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Will you be ready in an emergency?

When dangerous situations arise, it's important to be able to act quickly. Having an emergency kit can help reduce the stress of making important decisions in urgent situations.

Choose a bin, backpack or a rolling suitcase, fill them with enough supplies for at least 72 hours and store them in a place where you can quickly grab them.

Here's what to pack

Food and water

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

Clothing and Bedding

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

Light and Fuel

- o Battery-powered or crank flashlights/lamps
- o Candles with candleholder
- o Lighter
- o Waterproof matches

Equipment

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

Personal Supplies and Medication

- o First-aid kit
- o Toiletries (toilet paper, personal and feminine hygiene, toothbrush and paste)
- o Cleaning supplies (hand sanitizer, dish soap, dishtowel etc.)
- o Medication (acetaminophen, ibuprofen, medications)
- o Copies of prescriptions
- o Back-up pair of prescription glasses
- o Pet food and supplies
- o Garbage, recycle and sealable clear plastic bags

Documents and identification

- o Personal identification
- o Copies of birth and marriage certificate, will, passports, citizenship papers
- o Insurance policies
- o Money (small bills and change)
- o Credit card information
- o Copy of your emergency plan
- o Contact list
- o Personal items, if time allows (photos, computers, hard drive, heirlooms etc.)

Distraction and comfort items

- o Small toys and stuffed animals
- o Playing cards and games
- o Reading material
- o Activity books and crossword puzzles
- o Colouring books and markers
- o Charging cords for electronic devices
- o Notebook and pen
- o Family photos

When you build your kit, consider:

- o Pregnant or breastfeeding women
- o Infants and small children
- o Mobility issues
- o Severe allergies
- o Chronic medical conditions

* Not sure what to pack? Ask a health professional.

