

# Emergency preparedness starts with you!

## Emergency preparedness kit essentials checklist

Your emergency preparedness kit should have everything you and your household would need to be safe and take care of yourselves for at least three days immediately following an emergency. Make sure that your emergency preparedness kit has:

- Backpack/duffel bag/small suitcase (to hold kit items)
- Non-perishable food and can opener
- Bottled or bagged water (4L per person per day)
- Medication(s)
- Toilet paper and other personal items
- Personal protective equipment (PPE)
- Cell phone charger and power bank
- Cash in small bills
- Flashlight, headlamp or glow stick
- Radio (crank or battery-run)
- Extra batteries
- First-aid kit
- Candles and matches/lighter
- Hand sanitizer or moist towelettes
- Important documents (identification)
- Extra car and house keys
- Whistle (to attract attention, if needed)
- Ziplock and garbage bags and duct tape

For more information and lists of additional kit items, visit Emergency Management Ontario at [ontario.ca/BePrepared](https://ontario.ca/BePrepared)