

# Are you ready?

Some of the items you will need in your personal preparedness kit



**Water**  
(4 L per day/person)



**Food**  
(non-perishable)



**Manual can opener and utensils**



**Candles, matches or lighter**



**Flashlight and extra batteries**



**Medications**



**First aid kit**



**Radio**



**Pet supplies**



**Toiletries (including hand sanitizer and toilet paper)**



**Tools (hammer, pliers, screwdriver, duct tape etc.)**



**Change of clothing and footwear**



**Blanket, sleeping bag**



**Comfort and entertainment items**



**Family emergency plan**



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**BE INFORMED**



**Cash**



**Equipment for people with disabilities**



**Whistle (to attract attention)**



**Copies of identification and important documents**



**Large garbage bags**

Visit [strathcona.ca/emergencykit](http://strathcona.ca/emergencykit) for full list