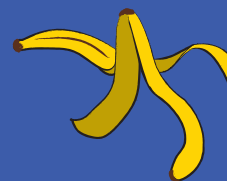


# COULD YOU SURVIVE?

What items should be in your basic emergency kit?



Be smart  
Be safe

INSURANCE  
BUREAU  
OF CANADA

[ibc.ca](http://ibc.ca)

## Don't wait for disaster to strike. Prepare your basic emergency kit today!

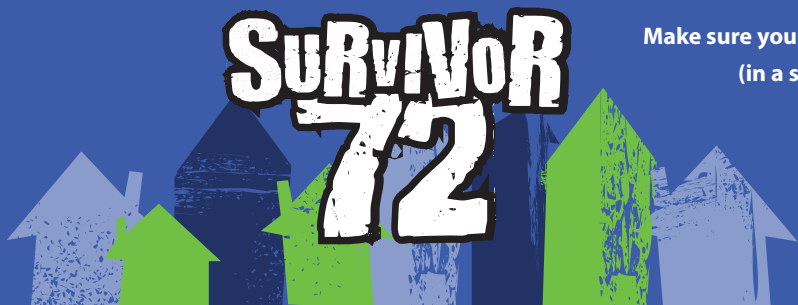
*Public Safety Canada recommends that your kit contain the following items:*

- Water** – 2 litres of water per person per day (small bottles are easier to carry in case of an evacuation order)
- Food** – that won't spoil: canned food, energy bars, etc. (replace the food and water once a year)
- Manual can opener**
- Flashlight and batteries**
- Battery-powered or wind-up radio** – and extra batteries
- First aid kit**
- Special needs items** – prescription medications, infant formula or equipment for people with disabilities
- Extra keys** – for your car and house
- Cash** – include smaller bills and change for payphones (travellers' cheques are handy too)
- Emergency plan** – include a copy of it and ensure it contains in-town and out-of-town contact information

## You've got the basics... but consider including these additional emergency supplies:

- Change of clothing and footwear** – for each household member
- Sleeping bag or warm blanket** – for each household member
- A whistle** – in case you need to attract attention
- Garbage bags** – for personal sanitation
- Toilet paper** – and other personal care supplies
- Safety gloves**
- Basic tools** – hammer, pliers, wrench, screwdrivers, fasteners, work gloves
- Small fuel-driven stove and fuel** – follow manufacturer's directions and store properly
- Two additional litres of water per person per day** – for cooking and cleaning
- Cellphone and in-car charger**

See [GetPrepared.ca](http://GetPrepared.ca) for more information.



**SURVIVOR  
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Make sure your supplies are organized, easy to find and easy to carry (in a suitcase with wheels or in a backpack) in case you need to evacuate your home