

Prepare now, learn how...

Emergency preparedness kit essentials checklist*

- ☐ 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)
- ☐ Zip-lock and garbage bags and duct tape

*Three-day supply per person

For additional items, visit:
ontario.ca/BePrepared

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