



The City of Grande Prairie Crime Prevention Department would like to thank the **Alberta Emergency Management Agency** for this information.

## Ready-To-Go Emergency Kit

Ready-to-go kits are for immediate emergencies that force you out of your house with no time to gather your necessities.

Keep all ready-to-go kit items in a backpack, duffle bag or suitcase in an accessible place, such as a front-hall closet. Make sure your kit is easy to carry and everyone in the house knows where it is. Take it with you if you have to leave your house so you can be safe.

- 4L of water for each person (in small bottles)
- food that you don't have to keep cold
- manual can opener
- plastic/paper plates, cups, knives, forks, spoons
- flashlight and extra batteries
- small radio (with extra batteries/hand crank)
- change of clothes
- card with emergency contact information and the number of someone to call who lives out of town.
- pet food and supplies for at least three days
- small first aid kit
- personal ID card
- personal hygiene items, soap, hand sanitizer
- Store medicine you usually take near your ready-to-go kit.



## 72 - Hour Emergency Kit

Create your own 72-Hour Emergency Kit and you will always have the necessary items to help you and your family until emergency responders can reach you. Below is a list of items you may want to include:

### Food & Water

A three day supply of non-perishables (per person) is recommended:

- protein/granola bars
- trail mix/dried fruit
- crackers and cereals
- canned meat, fish and beans
- canned juice
- water (4 L per person, in small bottles)

### Bedding & Clothing

Per person:

- change of clothing (short- and long-sleeve shirts, pants, socks, undergarments)
- raincoat/emergency poncho/jacket
- spare shoes
- sleeping bags/blankets/emergency heat blankets
- plastic and cloth sheets

### Light & Fuel

- hand-crank flashlight or battery-operated flashlights/lamps
- extra batteries
- flares
- candles
- lighter
- waterproof matches

### Equipment

- manual can opener
- dishes and utensils
- shovel
- small radio (with spare batteries/hand operated crank)
- pen and paper
- axe/pocket knife
- rope
- duct tape
- whistle
- cellphone charger
- basic tools
- small stove with fuel (follow manufacturer's directions for operation and storage)



## 72 - Hour Emergency Kit Continued

### Personal Supplies & Medication

- first-aid kit
- toiletries (toilet paper, feminine hygiene products, toothbrush)
- cleaning supplies (hand sanitizer, dish soap, etc.)
- medication (acetaminophen, ibuprofen, children's medication, etc., and three day supply of prescription medication)
- pet food and supplies
- garbage bags
- toys/reading material

### Copies of personal documents, money (in waterproof container)

- legal documents (birth and marriage certificates, wills, passports, contracts)
- insurance policies
- cash (small bills)
- credit card(s)
- prepaid phone cards
- copy of your emergency plan and contact information

### Important Notes

- Update your kit every six months (put a note in your calendar/planner) to make sure that food, water, and medication are not expired, clothing fits, personal documents and credit cards are up to date, and batteries are charged.
- Small toys/games are important; they can provide some comfort and entertainment during a stressful time.
- Divide groups of items into individual Ziploc to help prevent any items and/or flavours that might leak, melt, or break open.