

## Personal Emergency Preparedness Checklist

Item	Yes
1. Know the risks – does your family know them?	
2. Have a family emergency preparedness kit – assembled & stored in your place of safe refuge	
<ul style="list-style-type: none"> <li>• Portable water – 2-4 L per day per person for 3-5 days, include extra for pets</li> </ul>	
<ul style="list-style-type: none"> <li>• Non-perishable food for 3-5 days – consider special dietary needs, infants, pets</li> </ul>	
<ul style="list-style-type: none"> <li>• Can opener if canned food is in your kit</li> </ul>	
<ul style="list-style-type: none"> <li>• Crank radio</li> </ul>	
<ul style="list-style-type: none"> <li>• First aid kit</li> </ul>	
<ul style="list-style-type: none"> <li>• Medication or copies of prescriptions</li> </ul>	
<ul style="list-style-type: none"> <li>• Cash</li> </ul>	
<ul style="list-style-type: none"> <li>• Copies of important papers, including home insurance policy</li> </ul>	
<ul style="list-style-type: none"> <li>• Eating utensils, pot, coffee pot</li> </ul>	
<ul style="list-style-type: none"> <li>• Camp stove (sterno fuel)</li> </ul>	
<ul style="list-style-type: none"> <li>• Crank flashlight</li> </ul>	
<ul style="list-style-type: none"> <li>• Whistle</li> </ul>	
<ul style="list-style-type: none"> <li>• Deck of cards or other activities</li> </ul>	
<ul style="list-style-type: none"> <li>• Landline telephone</li> </ul>	
3. Have a family emergency plan	
<ul style="list-style-type: none"> <li>• Does your family know how to reach one another if you cannot all get home and cell phone coverage is out?</li> </ul>	
<ul style="list-style-type: none"> <li>• Do all members of your family have a single point of contact who lives in another neighbourhood or town?</li> </ul>	

<ul style="list-style-type: none"><li>• Do you know the evacuation plan for your children’s school, or parents’ care facility? Do you know where would they be taken?</li></ul>	
<ul style="list-style-type: none"><li>• Do your children know what to do in an emergency such as a tornado if they are home alone or with other siblings?</li></ul>	
<ul style="list-style-type: none"><li>• Do you have children away at university/college? Do you know their evacuation plans? Do they have an emergency preparedness kit?</li></ul>	