
EMERGENCY PLANNING

Could you survive for 72 hours?

Emergencies are not just the terrorists attacks, they include floods, severe weather, power outages, and blizzards can happen at any time. Everyone should be prepared to take care of themselves and their families for 72 hours. One way to do this is to have a family emergency survival kit prepared in advance.

There are six basics you should stock in your home: water, food, first aid supplies, tools and supplies clothing and bedding, special items.

The list below is a basic family emergency survival kit, for a complete list refer to the Emergency Planning Manual on our website.

Checklists

Think of any special needs someone in your family might have, and include any other items that your family would need. Here are some suggestions:

Babies and Toddlers

Diapers, bottled milk, formula and food, toys, crayons and paper.

Other Family Members

Keep at least one week's supply of medication in your emergency kit and include extra eyeglasses, spare batteries for medical appliances and an extra oxygen cylinder if needed. Include copies of prescriptions for your medicine and glasses.

Pets

Include a three day supply of pet food and water

Food and Water Kit

Have at least a three day supply of food and water on hand. Choose ready to eat foods that your family likes and that don't need refrigeration. Canned foods, such as soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, and fruits. Crackers and biscuits, honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee and tea.

Water

At least four litres per person per day should be allocated – two for drinking and two for food preparation, hygiene and dishwashing. Keep a supply of water purification tablets on hand as well.

Note: Consume and replace canned and dry goods once a year

72 HOUR EMERGENCY SURVIVAL KIT

Basic Checklist (see Emergency Planning Manual for more details)

EQUIPMENT	X
Knives, forks, spoons	
Disposable cups and plates	
Manual can opener, bottle opener	
Fuel stove and fuel (follow manufacturers instructions – never use a barbecue indoors)	
Waterproof matches and plastic garbage bags	
Pocket knife or multi tool	
EMERGENCY SURVIVAL KIT	X
Flashlight and spare batteries	
Radio or crank radio (so you can listen to news bulletins)	
First aid kit	
Candles, matches/lighter	
Extra car keys and cash (including coins/cards for telephone)	
Important papers(identification for everyone, personal documents such as insurance papers)	
Food and bottled water (See “Food List”)	
Clothing and footwear (one change of clothes per person)	
Blankets or sleeping bags (one blanket or sleeping bag per person)	
Toilet paper and other personal supplies such as shampoo, hairbrush, tooth brush and tooth paste, soap and a towel and facecloth (one for each person)	
Medications	
Backpack/duffel bag (or something else to carry the emergency survival kit in, in case you have to evacuate)	
Whistle (in case you need to attract someone’s attention)	
Playing cards, games	

CAR KIT	X
Shovel	
Sand, salt or kitty litter	
Traction mats	
Tow chain	
Compass	
Cloth or roll of paper towels	
Warning light or road flares	
Extra clothing and footwear	
Emergency food pack	
Axe or hatchet	
Booster cables	
Ice scraper and brush	
Road maps	
Matches and a 'survival' candle in deep can (to warm hands, heat a drink or use as an emergency light)	
Fire extinguisher	
Methyl hydrate (for fuel line and windshield de-icing)	
Flashlight	
First aid kit with seat belt cutter	
Blanket (special 'survival' blankets are best)	

Important Telephone and or contact Information

NAME TELEPHONE AND OR CONTACT INFORMATION	
My Name:	My Phone Number: ()
My Address:	My City:
Nearest Intersection to my house:	
EMERGENCY TELEPHONE NUMBERS (other than 911)	
Ambulance:	Fire Department:
Police:	Hospital:

Surviving a disaster starts at home and by being prepared you can do your part, not only for you, but also for your family. Have a family emergency survival kit.

Click here to view the Public Copy of the Prince Edward County Emergency Response Plan
<http://www.pecounty.on.ca/pdf/EmergencyPlan.pdf>

Link to Emergency Management Ontario
http://www.mcscs.jus.gov.on.ca/english/pub_security/emo/about_emo.html