



Do you have a 72-hour emergency preparedness kit?

In the event of an emergency, it is important to be prepared to take care of yourself and your family for a minimum of three days (or 72 hours).

Below is a checklist of items to consider putting in your kit:

Food and water

Drinking water: Include four liters per person per day for at least three days; include more water if you are pregnant, breastfeeding or have pets

Non-perishable food items or food that does not require cooking; for example, canned items, granola bars, dried fruit, and nuts

Documents

Emergency plan (See template at ottawa.ca/AreYouReady)

Emergency contact information

Copies of passports, birth certificates, photo identification

List of prescription medications

Paper and pens

Other considerations

Infant needs (diapers, formula, bottles, wipes, etc.)

Prescription medication

Medical aids (glasses, walking devices, batteries for hearing aids, etc.)

Entertainment for kids (books, toys, etc.)

Pet supplies (food, toys, leash, etc.)

Extra cash in small bills

Equipment

Manual can opener

Phone charger/power bank

First aid kit

Whistle

Utility knife

Local maps

Crank/battery powered flashlight

Crank/battery powered radio

Cooking supplies

Extra clothing and footwear

Hygiene

Toilet paper

Dish soap

Feminine supplies

Hand sanitizer

Garbage bags

Visit ottawa.ca/AreYouReady for more tips on getting ready for emergencies.