

EMERGENCY KIT LIST



- Water for drinking: at least 1L per person per day (2L if including pets) for at least 3 days.
- Water for cleaning and hygiene: 2L per person/per day

Non-perishable food for each person for at least one day, such as:

- Ready-to-eat canned food (meats, fruits, vegetables)
- Protein, granola or fruit bars
- Dry cereal or granola
- Trail mix
- Peanut butter
- Dried fruit
- Dried meat
- Oatmeal
- Apple sauce
- Canned juices
- Non-perishable pasteurized milk
- Food for infants

Tip

Even non-perishable foods have expiry dates. Check your kit every year and replace the food as needed.

Manual can opener (if you include canned food items) and utensils

Items you cannot be without, such as medications (with copies of your prescriptions), extra eye glasses or contacts, baby supplies (diapers, formula, food, toys), hearing aids, dentures, diabetes supplies, walkers, pet foods and medications, etc., to last at least 3 days.

Important documents – consider including copies of:

- Birth and marriage certificates
- Passports, permanent resident cards, status cards or any such important documents
- Health cards
- Licences
- Wills
- Land deeds
- Insurance

Tip

In addition to having paper copies of important documents in a safe location (consider a safe location other than your home), you may also want to consider saving electronic copies or photos of important documents in a safe location (such as an encrypted USB, or other secure device) or leaving with a trusted contact.

Copy of your emergency plan (see redcross.ca/ready for more information and to download a template)

Crank or battery-operated flashlight, with extra

batteries Crank or battery-operated radio, with extra

batteries Extra keys for your house and car

First aid kit

Extra cash in small bills and coins

Personal hygiene items

Extra cell phone charger or battery pack

Supplies for your pet, including:

- Food
- Medication
- Vaccination records

Paper and pens

Whistle

See redcross.ca/ready for more tips on being prepared.

应急包清单



饮用水：每人每天至少1升（如有宠物，则为2升），至少满足3天需求。

清洁卫生用水：每人每天2升

不易腐烂的食物：每人至少一天的摄食量，如：

- 即食罐头食品（肉类、水果、蔬菜）
- 蛋白质，麦片棒或水果条
- 干麦片或麦片粥
- 混合坚果
- 花生酱
- 水果干
- 肉干
- 燕麦
- 苹果酱
- 罐头果汁
- 不易腐烂的巴氏杀菌牛奶
- 婴幼儿食物

即使不易腐烂的食物也有保质期。每年检查应急包，并根据需要更换食物。

手动开罐器（若备有罐头食品）和餐具

您离不开的物品，如药物（备处方副本）、备用眼镜或隐形眼镜、婴儿用品（尿片、配方奶粉、食物、玩具）、助听器、假牙、糖尿病用品、助行器、宠物食品和药物等，至少维持3天用量。

重要文件——考虑以下文件副本：

- 出生证和结婚证
- 护照、永久居民卡、移民身份卡等类似重要文件
- 健康卡
- 驾照
- 遗嘱
- 地契
- 保险

提示

纸版重要文件副本应放置在安全位置（考虑在您家以外的安全地点），此外还需要考虑将重要文件的电子副本或图片保存在安全位置（例如加密USB或其它安全设备）或由可信任的联系人保管。

应急方案副本（详情请访问redcross.ca/ready，或下载模板）

曲柄式干电池手电筒，及备用电池

曲柄式或电池式收音机，及备用电池

房屋和汽车备用钥匙

急救包

小额面值现金和硬币

个人卫生用品

备用手机充电器或电池

宠物用品，包括

- 食物
- 药物
- 疫苗接种记录

纸笔

哨子

访问redcross.ca/ready 了解更多准备技巧。