

Emergency Go Kits

In the event you need to leave your home quickly during an emergency or disaster, all members of your household should have Emergency Go Kits stored in an easily accessible location in your home. Your Emergency Go Kit should contain essential items to sustain you and your family for up to **24 hours**. Review the items in your kits every 6 months and replace any items that have been used or have expired.



1 litre of water
(per person)



Non-perishable
food



Manual can
opener



Disposable
utensils, plates
& paper towels



Entertainment
& headset



Digital & physical
copies of important
documents



Seasonal clothing
(per person)



Mobile device
back up batteries &
charging blocks with
extra cables



Extra glasses or
contacts & solution



First aid kit



Multi-tool



Flashlight



Radio



Cash (\$50.00)



Personal hygiene
items



Emergency Response
Information Kit
(ERIK)



Prescription &
over the counter
medications



Toilet paper, garbage
bags with ties &
baby wipes



Water purification
straws or sanitation
tablets



Other types of Emergency Go Kits

Don't forget to prepare Emergency Go Kits for others in your family that have different requirements. It's recommended you create Emergency Go Kits for each child, pet, and anyone in your family with special needs.

For Your Children



For Your Pet



Additional Considerations

Consider speciality diets and equipment needs when creating your Emergency Go Kits.



Non-perishable food for special diets. Consider special diets such as diabetic, gluten free, lactose free, nut free, vegan, kosher, low sodium & extra water.



Equipment for activities of daily living. Consider a walker, cane, wheelchair, oxygen, suction, dialysis equipment, hearing aids and extra batteries, magnifying glass, computer equipment, software and power supplies.