



BUILD YOUR OWN EMERGENCY KIT

How can we be best prepared for an emergency?

While the risk is still very low in Alberta, it is important to plan ahead and be prepared for any emergency since essential services may be disrupted, stores may be temporarily closed, and hospitals and health care centers may be overwhelmed. Build your own emergency kit that may include supplies of:

- Store an emergency food supply of non-perishable food such as:**
 - high energy foods: granola/protein bars, peanut butter, fruit/nut mixtures;
 - ready-to-eat canned goods: meats, fish, fruits, vegetables, pasta, beans, soups, stews, bottled sauces;
 - instant soup mixes, instant and dry cereals, crackers;
 - beverages such as fruit juices, powdered milk, tetra-packs of milk or soy beverages;
 - canned or jarred baby food and formula
- Store a supply of clean bottled water for drinking, first aid, cooking and minor sanitation needs for 72-hour to 10-day supply (1-3 liters/day/person)**
- Store non-prescription medications such as:**
 - pain relievers & fever medication (acetaminophen or ibuprofen);
 - cough and cold medications;
 - anti-diarrhea medication;
 - fluids with electrolytes (sports drinks, Pedialyte);
 - first-aid kit
- Prescriptions or special medications**
- Extra eyeglasses or contact lenses**
- Store a light source in case of power outages such as:**
 - flashlights and extra batteries;
 - camping lanterns with extra fuel;
 - candles;
 - matches/lighters/candles

- Store hunting/harvesting supplies to help with food security such as,**
 - snare wire and hunting equipment;
 - shotgun shells;
 - gasoline for equipment;
 - ice auger (when safe ice conditions exist);
 - fishing rod, lures and net

Also consider:

- sufficient cash and change on hand
- manual can opener
- soap and water or alcohol-based hand wash and baby wipes
- toilet paper, disposable diapers, feminine hygiene supplies
- garbage bags
- warm blankets
- pet supplies (if applicable like food)
- extra clothing
- portable radio with extra batteries
- any important papers that you may need
- contact numbers (phone and address book)
- Store fuel and heat sources and ensure that you have a supply of gasoline, propane and other fuel and heating sources.
- chargers for electronic communication devices

Helpful websites with further information:

Government of Alberta | [Build an emergency kit](https://www.alberta.ca/build-an-emergency-kit.aspx)
<https://www.alberta.ca/build-an-emergency-kit.aspx>

Government of Alberta | [Make an emergency plan](https://www.alberta.ca/make-an-emergency-plan.aspx)
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