



Family Emergency Survival Kit

An emergency survival kit contains all the basic items you and your family need to remain comfortable for at least 72 hours. Keep your kit in an easy to carry bag and check the contents twice each year to ensure the freshness of your food and water.

- Non-perishable food
- Manual can opener
- Bottled water (4L per person, per day)
- Flashlight (w/batteries) or crank flashlight
- Radio (w/batteries) or crank radio
- Candles and matches/lighter
- First-aid kit
- Whistle
- Clothing and footwear
- Blankets or sleeping bags
- Toilet paper and other personal items
- Extra keys and cash
- Important papers (identification, insurance)
- Playing cards

It is important to customize your kit to meet the needs of your family. If you or someone in your household has a disability or special need, check out the Emergency Preparedness Guide for People with Disabilities/Special Needs at www.ontario.ca/beprepared for additional information on what to include in your emergency survival kit and family plan.