

Survival Kit Checklist:



- Flashlight and batteries + spare batteries
- Radio and batteries or crank radio
- First aid kit
- Telephone that can work during a power outage
- Candles and matches/lighter
- Extra car keys and cash (some \$10.00 bills or smaller)
- Important papers such as: identification, insurance, legal documents, current photograph of everyone in the family.
- Non-perishable food
- Water
- Manual can opener
- Clothing and footwear
- Blankets or sleeping bags
- Toilet paper and personal items
- Backpack / duffel bag
- Whistle
- Medication- minimum supply – 7 days
- Spare prescription refill from DR.
- A flash drive containing copies of all your important documents – prepared ahead of time
- Medic-Alert bracelet or identification
- Cell phone charger
- Solar generator (which can be used for breathing devices)
- Playing cards / games

- Hand sanitizer
- Garbage bags
- Toilet paper
- Chlorine bleach
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife)
- Candles in a can/ Tera Cotta Pots
- Matches
- Duct tape
- Plastic bags/ Garbage bags
- Dishes that can be recycled

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Animals -both pets and service animals:

- 3 day supply of water and pet food
- Portable bowls
- Paper towels and can opener
- Medications with a list identifying the reason
- Medical records
- Muzzle
- Leash
- Blanket and favourite toy
- Plastic bags, ID tags, current photo



People with Disabilities:

- Manual wheelchair
- Devices that work with a generator
- Latex free gloves
- For people who are deaf-blind, draw an X on their back to indicate you are there to help
- Offer them your arm to assist with walking
- Provide advance warning of upcoming stairs, curbs, major obstacles or changes in direction



Non-visible disabilities:

- Frozen water bottle in deep freeze – insulin
- Fast acting sugar, extra food to cover delayed meals, testing strips, small sharps container
- Allergies, epilepsy, hemophilia, diabetes
- Thyroid condition, MS, pulmonary or heart disease
- Dialysis, sanitary or urinary supplies
- May have difficulty performing tasks without appearing to have a disability



Seniors:

- List of medications taken
- Contact list with DR, case worker, contact for seniors group, neighbours, building superintendent, etc with phone numbers
- Check on neighbours who are seniors or with special needs
- Live in a high-rise? Create a buddy system
- Woodstove
- Designate a warm room (downstairs, small, pitch a tent or make a fort, cover windows with blankets)
- Do not use propane, kerosene or gasoline to heat inside your home
- BBQ needs to stay outside
- Campfires are for the backyard only (but only if you live in Kitchener)

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