

## Thirty-Two Weeks to Being Emergency Prepared!

### Week 1

Get a large container(s) for your home emergency supplies. This could be a container(s) such as a garbage can on wheels or plastic container that can be easily transported. Select an accessible location for the container(s) and inform all family members where it/they will be kept.

Get portable containers for each family member so they have a means to transport their personal supplies in the event of an evacuation. Suggested containers: a backpack (new or used), a suitcase, a durable plastic garbage bag with ties, etc.

### Week 2

Post emergency phone numbers near each telephone. Teach each family member these numbers including the number of a relative or friend who lives outside of the province who is the contact person for your family. In the home emergency container(s) put in: one 6 oz. can of tuna or chicken and eating utensils (knife, fork and spoon for each family member).

### Week 3

Plan and practice family evacuation drills for both fire and earthquakes using two different escape routes from each room and meeting outside at an appointed place. Put in each home emergency container(s): 1 small can opener (army style); 1 can Vienna sausages or other canned meat; and 1 box of raisins or other dried fruits for each family member.

### Week 4

Put in each home emergency container(s): tin foil; 1 package of rice cakes; and 3 - 8 oz. cans of fruit juice (apple/orange/tomato) for each family member.

### Week 5

Put in home emergency container(s): 2 large (30-40 gal) plastic bags (to be used as a poncho or ground cover or blanket); 6 medium (13 gal) plastic bags; a plastic cup and dish; and 6 to 10 small paper plates for each family member.

### Week 6

Put in home emergency container(s): 1 small package Kleenex; 1 can nuts (almonds, peanuts, cashew, sunflower seeds, etc.); small container of nut butter and honey for each family member.

### Week 7

Put in each personal backpack: 1 change of clothing for each person: underwear, socks, shirt, pants, sweater, hat, work gloves, jacket, and sturdy shoes.

### Week 8

Water 1.5 to 3 gallons per person. Ensure the storage of this water is in an area accessible at any time ie: outside in the garage, carport, backyard area etc. You may want to consider individual water containers in your home emergency container(s).

### Week 9

Put in home emergency container(s): instant powdered milk or shelf carton milk; and 1 envelope powdered juice drink (tang, etc.) for each family member.

### Week 10

Put in home emergency container(s):  $\frac{1}{2}$  pound trail mix; 3 sticks jerky; 3 - 8 oz. cans fruit (applesauce, peaches, pears, etc.) for each family member.

**Week 11**

Put in home emergency container(s): 1 large flashlight with separate batteries and bulb, and 3 glo sticks for each family member.

**Week 12**

Put bedding in home emergency container(s): This could be a sleeping bag or 1 blanket, 1 cloth sheet, and 1 plastic sheet for ground cover for each family member.

**Week 13**

Put in each personal backpack: brush and/or comb, toothbrush and toothpaste; and deodorant.

**Week 14**

Put in each personal backpack: 6 safety pins of assorted sizes; 1 towel, 1 washcloth, and 1 small bar of soap; small flashlight and batteries and 1 glo stick.

**Week 15**

Put in each personal backpack: 1 tube of chapstick; 10 quarters for phone calls, and a whistle on a string.

**Week 16**

Put in home emergency container(s): individual wrapped handiwipes; paper towels; sanitary pads for any family member needing them; and an individually wrapped roll of toilet paper for each family member.

**Week 17**

Put in each personal backpack for every person over 12 years of age: 1 package of waterproof matches; a piece of sandpaper; and 1 small pocketknife.

**Week 18**

Put in each personal backpack: 3 granola bars; paper and pencil; and 1 small game (Uno, etc.). Fill out medical release form for each pack of minor child.

**Week 19**

Put in home emergency container(s): 1 can pork and beans; 3 fruit rolls (fruit leather); and 3 - 8 oz. cans juice (6 oz./12 oz. - apple/orange/tomato) for each family member.

**Week 20**

Put in home emergency container(s): 10 to 20 foot length of rope; water purification tablets; small bottle of liquid chlorine bleach (odourless); and a bar of soap and soap dish.

**Week 21**

Put in home emergency container(s): sunscreen; hand lotion; fingernail clippers; nail file; and a small bottle of Aspirin or Tylenol or Advil.

**Week 22**

Put in home emergency container(s): Battery-operated radio with extra batteries or wind up radio; scriptures; and book(s).

**Week 23**

Put in home emergency container(s): mirror (if desired); shampoo (if desired); razor and shaving cream (if desired); cotton q-tips; sore throat lozenges; hydrogen peroxide; alcohol; Band-Aids; and adhesive tape (or appropriate first aid kit).

**Week 24**

Put in home emergency container(s): Gravol; diarrhoea remedy; elastic bandages; gauze bandages; and 6 gauze pads (disregard if putting in first aid kit in Week 23).

**Week 25**

Put in home emergency container(s): scissors; tweezers; triangular bandage; needle & spool of thread; and cotton (disregard if putting in first aid kit in Week 23).

**Week 26**

Put in home emergency container(s): FIRST AID BOOK; sanitary pads (to stop bleeding); burn medication; and prescriptions (put personal prescriptions in that person's personal backpack rather than keeping all prescriptions in one container).

**Week 27**

Get a large bucket with a tight-fitting lid to be used as a toilet (some of the home emergency equipment could be kept inside); a folding shovel; and an axe.

**Week 28**

Put in home emergency container(s): small container of detergent; dishpan; screwdriver; and a pair of pliers.

**Week 29**

Put in home emergency container(s): small hammer and nails; electrical tape; and an adjustable wrench.

**Week 30**

Put in home emergency container(s): spare car and house keys; spare glasses; etc.; needle and spool of thread; and a whistle on a string.

**Week 31**

Assemble in accessible place for quick evacuation: personal documents (genealogy, religious documents, will, insurance papers, contracts, financial records, passports, medical records, inventory of possessions, and picture albums).

**Week 32**

Put in home emergency container(s): any customized items for infants, the elderly, and pets.

## Home Emergency Container Checklist

Once you have completed your Home Emergency Container use the following checklist to ensure you have everything.

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Aspirin/Tylenol/Advil     | <input type="checkbox"/> Nut butter / honey          | <input type="checkbox"/> Plastic bags (medium)      |
| <input type="checkbox"/> Bedding                   | <input type="checkbox"/> Nuts                        | <input type="checkbox"/> Plastic cup and dish       |
| <input type="checkbox"/> Books                     | <input type="checkbox"/> Fruit rolls                 | <input type="checkbox"/> Pliers                     |
| <input type="checkbox"/> Can opener (non-electric) | <input type="checkbox"/> Games                       | <input type="checkbox"/> Pocket knife               |
| <input type="checkbox"/> Canned meat               | <input type="checkbox"/> Glo sticks                  | <input type="checkbox"/> Pork and beans             |
| <input type="checkbox"/> Cans of fruit             | <input type="checkbox"/> Granola bars                | <input type="checkbox"/> Powdered juice             |
| <input type="checkbox"/> Cans of tuna and chicken  | <input type="checkbox"/> Hand lotion                 | <input type="checkbox"/> Powdered or shelf milk     |
| <input type="checkbox"/> Clothing:                 | <input type="checkbox"/> Individual water containers | <input type="checkbox"/> Quarters for phone booth   |
| > underwear  | <input type="checkbox"/> Jerky's                     | <input type="checkbox"/> Radio and batteries        |
| > socks  | <input type="checkbox"/> Kleenex                     | <input type="checkbox"/> Rice cakes                 |
| > shirts   | <input type="checkbox"/> Liquid chlorine bleach      | <input type="checkbox"/> Rope                       |
| > pants  | <input type="checkbox"/> Liquid detergent            | <input type="checkbox"/> Sandpaper                  |
| > sweater  | <input type="checkbox"/> Medical release forms       | <input type="checkbox"/> Screwdriver                |
| > hat  | <input type="checkbox"/> Nail clippers               | <input type="checkbox"/> Small hammer and nails     |
| > gloves   | <input type="checkbox"/> Out of Province Contact (3) | <input type="checkbox"/> Soap - bar                 |
| > jacket   | <input type="checkbox"/> Paper and pencils           | <input type="checkbox"/> Sore throat lozenges       |
| > sturdy shoes                                     | <input type="checkbox"/> Paper plates                | <input type="checkbox"/> Spare keys for house & car |

### Home Emergency Container Checklist (continued)

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Cotton Q-Tips       | <input type="checkbox"/> Paper towels         | <input type="checkbox"/> Sunscreen                  |
| <input type="checkbox"/> Customized articles | <input type="checkbox"/> Personal documents   | <input type="checkbox"/> Tape - electrical          |
| <input type="checkbox"/> Dishcloths          | <input type="checkbox"/> Personal items:      | <input type="checkbox"/> Tin foil                   |
| <input type="checkbox"/> Dishpan             | > brush and comb                              | <input type="checkbox"/> Towels                     |
| <input type="checkbox"/> Dried fruits        | > toothbrush and paste                        | <input type="checkbox"/> Trail mix                  |
| <input type="checkbox"/> Eating utensils     | > chapstick                                   | <input type="checkbox"/> Washcloths                 |
| <input type="checkbox"/> First aid supplies  | > deodorant                                   | <input type="checkbox"/> Water                      |
| <input type="checkbox"/> Flashlight          | > shampoo                                     | <input type="checkbox"/> Water purification tablets |
| > extra batteries and bulb                   | > razor & shaving cream                       | <input type="checkbox"/> Waterproof matches         |
| <input type="checkbox"/> Fruit juice         | > sanitary supplies                           | <input type="checkbox"/> Whistle on string          |
| <input type="checkbox"/> Needle and thread   | <input type="checkbox"/> Plastic bags (large) | <input type="checkbox"/> Wrench (adjustable)        |

### Home Emergency Equipment Checklist

These are items we suggest you have in your residence:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Axe                      | <input type="checkbox"/> Garden hose                       | <input type="checkbox"/> Powdered chlorinated lime |
| <input type="checkbox"/> Bleach                   | <input type="checkbox"/> Hammer                            | <input type="checkbox"/> Rope                      |
| <input type="checkbox"/> Broom                    | <input type="checkbox"/> Heavy duty flashlight (spotlight) | <input type="checkbox"/> Safety goggles            |
| <input type="checkbox"/> Bungy cords              | > extra batteries & bulbs for spotlight                    | <input type="checkbox"/> Screwdriver               |
| <input type="checkbox"/> Carbon Monoxide Detector | <input type="checkbox"/> Lantern (spare mantels)           | <input type="checkbox"/> Shovel                    |
| <input type="checkbox"/> Cook stove/barbecue      | <input type="checkbox"/> Large plastic bucket with lid     | <input type="checkbox"/> Smoke detector            |
| <input type="checkbox"/> Crescent wrench          | <input type="checkbox"/> Latex gloves                      | <input type="checkbox"/> Tarps                     |
| <input type="checkbox"/> Crow bar                 | <input type="checkbox"/> Plastic bags                      | <input type="checkbox"/> Tent                      |
| <input type="checkbox"/> Escape ladder            | <input type="checkbox"/> Portable radio with batteries     | <input type="checkbox"/> Waterproof matches        |
| <input type="checkbox"/> Fire extinguisher        | <input type="checkbox"/> Pots and pans                     | <input type="checkbox"/> Work boots                |
| <input type="checkbox"/> Fuel for stove           |  | <input type="checkbox"/> Work gloves               |

### Car And Trunk Equipment Checklist

The following is a list of suggested supplies for your vehicle.

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Air gauge                               | <input type="checkbox"/> First aid kit                | <input type="checkbox"/> Simple tool box           |
| <input type="checkbox"/> Axe                                     | <input type="checkbox"/> Flares                       | <input type="checkbox"/> Spare lube oil            |
| <input type="checkbox"/> Binoculars                              | <input type="checkbox"/> Gloves                       | <input type="checkbox"/> Spare tire in good repair |
| <input type="checkbox"/> Blanket                                 | <input type="checkbox"/> Jack (know how to use it)    | <input type="checkbox"/> Tire inflator             |
| <input type="checkbox"/> Booster cables                          | <input type="checkbox"/> Nylon rope (100')            | <input type="checkbox"/> Tire iron                 |
| <input type="checkbox"/> Candles                                 | <input type="checkbox"/> Pen and paper                | <input type="checkbox"/> Traction mats or chains   |
| <input type="checkbox"/> Electrical tape                         | <input type="checkbox"/> Portable radio and batteries | <input type="checkbox"/> Waterproof matches        |
| <input type="checkbox"/> Fan belt                                | <input type="checkbox"/> Road maps                    | <input type="checkbox"/> Wire                      |
| <input type="checkbox"/> Fire extinguisher                       | <input type="checkbox"/> Shovel                       |  |
| <input type="checkbox"/> Keep tanks at least ½ full at all times |   |  |