

72 Hour Emergency Preparedness Kit



72 Hours: Is your family prepared?

No one knows for sure when disaster will strike, but we can all be prepared. Create your own 72-hour emergency kit, and you will have the necessary items to help you and your family until emergency responders can reach you. Below is a list of items to keep - "Ready to Go".

Ready to Go Kit

- 4L of water for each person
- Food that you don't have to keep cold
 - Manual can opener
- Plastic / paper plates, cups, knives, forks and spoons
 - Flashlight and extra batteries
 - Change of clothes for everyone
- Card with emergency contact info and the number of someone to call who lives out of town
 - Pet food and supplies for at least 3 days
 - Small first aid kit
 - Personal ID card
 - Personal hygiene items, soap, hand sanitizer

Store medicine you usually take near your Ready To Go kit.

Important Notes

- Update your kits every six months (put a note in your calendar/planner) to make sure that food, water, and medication are not expired, clothing fits, personal documents and credit cards are up to date, and batteries are charged.
- Small toys/games are important; they can provide some comfort and entertainment during a stressful time.

Some items and/or flavors might leak, melt, or break open. Dividing groups of items into individual Zip-loc bags might help prevent this.

If there is an emergency in our community, check www.emergencyalert.alberta.ca and the Town of Legal website www.legal.ca for important information.