

BASIC EMERGENCY SUPPLY KIT

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First Aid kit and medications



Cell phone with chargers, inverter or solar charger



Garbage bags, moist towelettes and plastic ties for personal sanitation



Battery-powered or hand crank radio tuned to Environment Canada weather



Local maps (identify a family meeting place) and some cash in small bills



Water, four litres per person per day for at least three days, for drinking and sanitation



Battery-powered or hand crank flashlight with extra batteries



At least a three-day supply of non-perishable food. Manual can opener for cans



Dust mask to help filter contaminated air



Whistle to signal for help



Seasonal clothing and footwear



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Emergency Phone Numbers (9-1-1 where available)

Fire:

Police:

Ambulance:

Out-of-area Emergency Contact:

Non-emergency Phone Numbers

Doctor:

Health Authority:

Insurance Provider:

Utilities:
