# Build an Emergency Kit

**Basic Emergency Kit Checklist**
Place these items in a small bag or backpack that you can easily access and carry:

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Water</strong></td>
<td>Two litres of water per person, per day</td>
</tr>
<tr>
<td><strong>Food</strong></td>
<td>Food that won’t spoil—i.e. canned food, granola bars, dry food—Replace the food once per year</td>
</tr>
<tr>
<td><strong>Manual can opener</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Flashlight</strong></td>
<td>Wind-up or battery-powered or other light source</td>
</tr>
<tr>
<td><strong>First aid kit</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Special needs items</strong></td>
<td>i.e. pet food, prescription medications, infant formula, equipment needed for people with disabilities</td>
</tr>
<tr>
<td><strong>Extra keys</strong></td>
<td>For your car and house</td>
</tr>
<tr>
<td><strong>Cash</strong></td>
<td>Have smaller bills and change for payphones</td>
</tr>
<tr>
<td><strong>Emergency plan</strong></td>
<td>Include a copy in your kit along with important contact information</td>
</tr>
</tbody>
</table>

Consider adding additional items, such as:

- 2 additional litres of water per person per day for cooking and cleaning
- Candles & matches, lighter or light stick
- Change of clothing and shoes for each person in your household
- Warm Blanket — or sleeping bag
- Toiletries
- Hand sanitizer
- Toilet paper
- Utensils
- Garbage bags
- Water purifying tablets or household bleach
- Basic tools or a multi-tool
- Small fuel-operated stove and fuel
- Whistle
- Duct tape
- Radio—wind-up or battery-powered
- USB or memory card to store important documents, photos etc.
- Important documents—Passports, insurance papers etc.
- Cell-phone charger
It’s also a good idea to have an emergency kit in your car and at your office

### Vehicle Emergency Kit Checklist

- **Food** that won’t spoil—i.e. canned food, granola bars, dry food—Replace the food once per year
- **Water**—in plastic bottles so they won’t break if frozen
- **Warm blanket**—or sleeping bag
- **Change of clothing**—and shoes
- **First aid kit**
- **Light sticks**—or candles, matches/lighter
- **Flashlight**—wind-up or battery-powered or other light source
- **Whistle**
- **Roadmaps**
- **Emergency plan**—include a copy in your kit along with important contact information
- **Vehicle safety items**—Sand/salt, antifreeze/washer fluid, tow rope, jumper cables, fire extinguisher, warning light/flare, Small shovel, ice scraper and snowbrush

### Office Emergency Kit Checklist:

- **Sturdy walking shoes**
- **Change of clothing**
- **Flashlight**—wind-up or battery-powered or other light source
- **Radio**—wind-up or battery-powered
- **Food** that won’t spoil—i.e. canned food, granola bars, dry food—Replace the food once per year
- **Water**
- **Emergency plan**—include a copy in your kit along with important contact information
- **Hand sanitizer**
- **First aid kit**
- **Whistle**
- **Multi-tool**

For more information visit:

[www.sfu.ca/srs](http://www.sfu.ca/srs)