

# Are you prepared for an emergency?

Having the materials you need easily accessible for when things don't go as planned is an important part of being prepared for an emergency. Here are a few things you can do to be ready!

## 72 Hour Kit

If an emergency happens in your community (e.g. storm or power outage), it may take time for emergency workers to reach you or municipal services to be restored. You should be prepared to take care of yourself and your family for a minimum of 72 hours at home.

## Basic Kit

- Water – at least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
- Food that won't spoil, such as canned food, energy bars and dried foods (replace food and water once a year)
- Manual can-opener
- Hand crank or battery-powered flashlight (and extra batteries). Replace batteries once a year
- Hand crank or battery-powered radio (and extra batteries), or a weather radio
- First aid kit
- Extra keys to your car and house
- Some cash in smaller bills, such as \$10 bills
- A copy of your emergency plan and contact information
- If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal (personalize according to your needs)

## Recommended Additions

- Two additional litres of water per person per day for cooking and cleaning
- Candles and matches or lighter
- Change of clothing and footwear for each household member
- Sleeping bag or warm blanket for each household member
- Toiletries
- Hand sanitizer
- Utensils
- Garbage bags
- Toilet paper
- Household chlorine bleach or water purifying tablets
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife)
- A whistle (in case you need to attract attention)
- Duct tape (to tape up windows, doors, air vents, etc.)

Visit [www.getprepared.ca](http://www.getprepared.ca) for more information.

## Ready-To-Go Bag

A Ready-To-Go Bag is a collection of items that you may need should you have to leave your location in a hurry (hazardous material leak, fire, etc.). Make sure there are enough supplies for everyone if you are building a bag for your family.

### In Your Bag

- Eyeglasses, hearing aids, personal aid items, etc.
- Extra set of keys
- 1 set clothes/socks/footwear
- Pen/paper
- Game/colouring book
- Comfort item (stuffed animal)
- Snack/bottle of water
- Power cords/chargers for electronic devices
- Flashlight/batteries
- Cash
- Blanket
- Toilet paper and personal supplies (pain meds, toothbrush, tooth paste, eye drops, etc.)
- Garbage bag
- Personal Emergency Plan

Add items that you feel may be important in an emergency and days after. Place all of these items in an easy to carry bag and place in an easy to reach location.

Visit [www.carleton.ca/emergency/](http://www.carleton.ca/emergency/) for more information.

## Stay Connected

- Carleton's CU Mobile app has information relevant to a variety of emergency situations
- Follow @Carleton\_U and/or @CarletonSafety on Twitter for updates on university related situations.



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