



## Have a kit, have a plan

### Preparedness:

For the most part, disasters are unpredictable and happen without warning. Because of this, no one can be 100 per cent prepared for every scenario. But we can certainly do our best by taking some important steps that will help us be self-sufficient and recover more quickly.

- » Research the hazards that could happen in your community (earthquake? wildfire? flood?). Get to know the warning signs and where any public alerts may come from.
- » Gather the necessary supplies for an emergency kit for your home and have a mini-emergency kit (known as a grab-and-go bag) for your family's vehicle(s) and place(s) of work. You might even want to put one in your locker at school!
- » Schedule a household meeting and develop an emergency plan. This way, everyone in your home knows what to do, where to meet and how to get in touch after a disaster. Don't forget to practice your plan and review it regularly. And keep a copy in your emergency kit!
- » Get to know the people on your street, cul-de-sac or apartment floor. Past events show that the communities that recover the quickest are those in which people know their neighbours, share their resources and lend a helping hand.

Learn more about preparedness by browsing PreparedBC at [gov.bc.ca/PreparedBC](http://gov.bc.ca/PreparedBC).

### Emergency kit:

Emergency kits don't have to be fancy, nor do they need to be pricey. Can you gather some spare stuff that you have lying around your house and put it into a sturdy duffel bag or old suitcase? There's your emergency kit! Be sure to include things like:

- » First-Aid kit
- » Battery-powered or hand-crank radio
- » Flashlight and extra batteries
- » Whistle to signal for help
- » Cellphone with charger
- » Cash in small bills
- » A local map with your family meeting place identified
- » Three-day supply of food (non-perishable) and water (four litres per person, per day)
- » Garbage bags
- » Dust mask
- » Seasonal clothing and footwear (hint: you don't need to be stylish! Pack up some old clothes you don't wear anymore.)
- » Copy of important documents and your household emergency plan

Also consider those items that are specific to your family's needs – prescription glasses or contact lenses, medications, baby needs, pet food and leash, etc. Remember to go through your emergency kit at least once a year to check expiration dates and see if anything needs to be replaced. You could set a reminder on your phone or write a note in your family calendar.

To learn more about what to put in your emergency kit, visit PreparedBC > Build an Emergency Kit.