



Have a kit, have a plan

Out-of-area contact:

In case of an emergency, your family should identify an out-of-area contact in your planning process (i.e., before disaster strikes!). In the event of a large-scale disaster, like a major earthquake, phone service may be limited and local lines may be clogged, but you may be able to get in touch with someone outside the area.

Your ideal emergency contact should be outside of B.C. or outside of your region. They should be far enough away that if a large-scale disaster happened in your area, they would not be affected.

Everyone in the family should know who the emergency contact is and how to find their phone number (kept in the family emergency plan and elsewhere). In the event of a disaster, you can get in touch with your out-of-area contact to tell them if you are safe, where you are and what your plans are. If you are separated from your family, your out-of-area contact can tell you if they've heard from your family, how they are doing, and if they can help you reconnect. Be sure to keep calls short and, if possible, arrange a time to call back for another check-in.

Unique considerations:

Unique considerations are things to include in your plan that are specific to you and your family. This could include things like: pet supplies, medical information (prescriptions, mobility equipment, etc.) and communication issues (sight or hearing disabilities and language barriers). Sometimes it's hard for us to identify what our unique considerations may be because they are so essential to how we live our life. We deal with them every day without thinking twice!

An emergency kit and emergency plan are not one-size-fits-all. It is also important to include things that will help you and your family cope and be comfortable. Does a younger sibling have a favourite toy they cannot go a night without? Is there a board game your family loves to play? Consider adding these to your kit or having them handy.