



Be prepared. Stay Safe.



## EMERGENCY KIT CHECKLIST FOR HIGH-RISE COMMUNITY

It is important that you and your family are prepared for any emergency. We've created an easy checklist to follow for assembling a well-stocked emergency kit.

### ESSENTIAL KIT ITEMS

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Water – 4L per person per day (for 3 to 7 days)</li><li><input type="checkbox"/> Food – canned and non-perishable items (supply for at least 3 days)</li><li><input type="checkbox"/> Manual can opener</li><li><input type="checkbox"/> Flashlight – hand-crank or battery-powered</li><li><input type="checkbox"/> First aid kit</li><li><input type="checkbox"/> Radio – hand-crank or battery-powered</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Batteries (various sizes), phone charger battery pack</li><li><input type="checkbox"/> Matches, lighter, candles</li><li><input type="checkbox"/> Spare keys (house, vehicle)</li><li><input type="checkbox"/> Cash (bills &amp; coins) (ATMs &amp; Credit systems may be down)</li><li><input type="checkbox"/> Knife or multi-tool</li><li><input type="checkbox"/> Rolls of toilet paper</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Hand sanitizer</li><li><input type="checkbox"/> Garbage bags/Ziploc bags</li><li><input type="checkbox"/> Whistle</li><li><input type="checkbox"/> Notepad and pen</li><li><input type="checkbox"/> Copies of important papers (wills, insurance policies, ID, etc) Stored in a water-proof container.</li><li><input type="checkbox"/> Home/Building emergency plan, with emergency contacts list</li></ul> |
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## SPECIAL ESSENTIAL ITEMS

- ☐ Basic toiletries
  - ☐ Masks, soap, hand sanitizer, disinfecting wipes
  - ☐ Medications (prescribed as well as a supply of over-the-counter drugs such as pain relievers, anti-diarrhea medication, antacids, or laxatives)
- ☐ **Medical Needs:** Back-up medical supplies or equipment – with power source if required
  - ☐ **Children:** Infant food/formula, diapers, wipes, bottles, comfort items
  - ☐ **Pets:** Pet food, supplies, medication

## ADDITIONAL ITEMS TO CONSIDER

- ☐ Blanket or sleeping bag per person
  - ☐ Seasonal clothes and footwear, including winter hats & gloves
  - ☐ Playing cards or small board game(s)
  - ☐ Water purifying tablets
  - ☐ Household chlorine bleach
- ☐ Roll of duct tape
  - ☐ Tarp
  - ☐ Rope or string
  - ☐ Work gloves
  - ☐ Fire extinguisher

## STORING YOUR KIT

Find a container to store all your items in one place. A backpack or something with wheels will make the container easier to transport.

Find a central, easily accessible place to permanently store your emergency kit. You need it to be out of the way of daily life, but easy to access in the event of an emergency. Ensure everyone in your home knows where it is stored.

Check the contents twice a year to refresh food, water and batteries and double check any medications, etc.



### HOT TIP

You should check your kit twice a year to ensure food safety, battery power, etc. An easy way to remember is to schedule your emergency kit refresh to happen when you change your clocks in the spring and fall.

 **Hydro Ottawa**

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