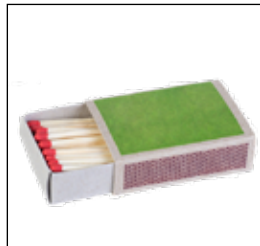


BUILDING YOUR 72-HOUR EMERGENCY PREPAREDNESS KIT

Here are the top five items you should include in your kit:



1. WATER/FOOD



2. MATCHES



3. FLASHLIGHT



4. RADIO



5. FIRST AID KIT

Ways to store your supplies include:

- A large, covered storage container
- A backpack
- A duffel bag

Water

- ☐ Four litres of water per person/per day (two litres for drinking, two litres for food preparation/sanitation)
- ☐ (At least) a three-day supply of water for each person in your household
- ☐ Store purification tablets to disinfect water

Food

- ☐ (At least) a three-day supply of non-perishable food
- ☐ Foods that require no refrigeration, preparation or cooking and little or no water
- ☐ Canned fuel or other heat source, if you must heat food (select food items that are compact and lightweight)
- ☐ High energy foods (peanut or nut butter, jelly, crackers, granola bars, trail mix)
- ☐ Food for infants, elderly persons or persons on special diets

Matches

- ☐ In a waterproof container, or a lighter

Flashlight and Radio

- ☐ Either crank or battery-operated, with extra batteries

First Aid Kit

- ☐ Sterile, adhesive bandages and gauze pads in assorted sizes
- ☐ Hypoallergenic adhesive tape
- ☐ Small scissors
- ☐ Antiseptic towelettes

For more information, or to view the full Emergency Preparedness Guide (page 21) visit York.ca/emergencypreparedness