



St. John Ambulance

SAVING LIVES
at work, home and play



EMERGENCY PREPAREDNESS (EP) KITS

Family Name:		Date Prepared:	
Address:			

There are five types of emergency kits that you'll need:

1. Home Emergency Kit (with emergency food supplies)
2. Grab-and-Go Emergency Kit
3. Vehicle Emergency Kit
4. Workplace Emergency Kit
5. Pet Emergency Kit (if applicable)

The lists on the following pages will help you prepare yourself and your family in the event of an emergency.

Note: The Home and Grab-and-Go Emergency Kits are very similar. Two main differences are the type of tools and food you will include. For example, a Home Emergency Kit will contain sturdier tools, such as a hammer and wrench, as well as a more comprehensive food supply. A Grab-and-Go kit needs to be lighter so that it's easy to carry, so a multi-tool will suffice. As for food, lightweight options such as granola/energy bars are recommended rather than heavy canned goods.



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HOME EMERGENCY KIT

Food and Water	<input type="checkbox"/> At least 2 litres per person per day <input type="checkbox"/> Canned and other non-perishable foods
Communication	<input type="checkbox"/> Portable radio (and extra batteries) <input type="checkbox"/> Whistle <input type="checkbox"/> OK and HELP signs
Lighting	<input type="checkbox"/> Flashlight (and extra batteries) <input type="checkbox"/> Candles and waterproof matches
Warmth and Clothing	<input type="checkbox"/> Blanket <input type="checkbox"/> Waterproof poncho <input type="checkbox"/> Change of clothes <input type="checkbox"/> Sturdy shoes or boots
First Aid	<input type="checkbox"/> First aid kit
Personal Items	<input type="checkbox"/> ID, contact lists, and medical records <input type="checkbox"/> Photos of family members <input type="checkbox"/> Medications <input type="checkbox"/> Spare keys <input type="checkbox"/> Toys for children <input type="checkbox"/> Sunscreen
Sanitation and Hygiene	<input type="checkbox"/> Toilet paper, garbage bags, small bucket with lid <input type="checkbox"/> Hand sanitizer and/or soap <input type="checkbox"/> Towel or paper towels <input type="checkbox"/> Toothpaste, toothbrush, floss, mouth wash <input type="checkbox"/> Feminine hygiene products
Tools and Hardware	<input type="checkbox"/> Duct tape <input type="checkbox"/> Multi-tool <input type="checkbox"/> Can opener <input type="checkbox"/> Hammer <input type="checkbox"/> Needle and thread
Shelter	<input type="checkbox"/> Tent or large tarp <input type="checkbox"/> Sleeping bag or warm blankets <input type="checkbox"/> Thermal pad <input type="checkbox"/> Ground sheet
Cooking Supplies	<input type="checkbox"/> Small cooking stove <input type="checkbox"/> Pot <input type="checkbox"/> Utensils <input type="checkbox"/> Paper plates, plastic cups
Cash	<input type="checkbox"/> Small bills and coins



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FOOD SUPPLIES FOR HOME EMERGENCY KIT

DAIRY	FRUITS & VEGETABLES	GRAINS
<input type="checkbox"/> Canned and/or powdered milk <input type="checkbox"/> Cheese (in wax)	<input type="checkbox"/> Canned fruit <input type="checkbox"/> Dried fruit <input type="checkbox"/> Canned vegetables <input type="checkbox"/> Canned vegetable soup	<input type="checkbox"/> Granola/cereal bars <input type="checkbox"/> Instant oatmeal <input type="checkbox"/> Crackers <input type="checkbox"/> Whole grain cereal <input type="checkbox"/> Granola
PROTEIN	DRINKS	EXTRAS
<input type="checkbox"/> Canned tuna and/or salmon <input type="checkbox"/> Canned baked beans <input type="checkbox"/> Canned soups/stews <input type="checkbox"/> Protein powder <input type="checkbox"/> Jerky <input type="checkbox"/> Nuts <input type="checkbox"/> Instant soup mixes <input type="checkbox"/> Protein bars <input type="checkbox"/> Peanut/almond butter <input type="checkbox"/> Powdered eggs	<input type="checkbox"/> Juice packs <input type="checkbox"/> Powdered chocolate mix <input type="checkbox"/> Instant coffee <input type="checkbox"/> Herbal teas <input type="checkbox"/> Chicken, beef, or vegetable bouillon	<input type="checkbox"/> Baby food <input type="checkbox"/> Multi-vitamins <input type="checkbox"/> Honey <input type="checkbox"/> Jam
COOKING	EATING	CLEAN-UP & STORAGE
<input type="checkbox"/> Can opener <input type="checkbox"/> Cooking pot <input type="checkbox"/> Utensils <input type="checkbox"/> Knife <input type="checkbox"/> Aluminum foil <input type="checkbox"/> Cutting board	<input type="checkbox"/> Plastic forks and spoons <input type="checkbox"/> Paper plates <input type="checkbox"/> Plastic cups	<input type="checkbox"/> Dish soap <input type="checkbox"/> Paper towels <input type="checkbox"/> Resealable plastic bags



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GRAB-AND-GO EMERGENCY KIT

Food and Water	<input type="checkbox"/> At least 2 litres per person per day <input type="checkbox"/> Pre-packaged snack foods for 3 days
Communication	<input type="checkbox"/> Portable radio (and extra batteries) <input type="checkbox"/> Whistle <input type="checkbox"/> OK and HELP signs
Lighting	<input type="checkbox"/> Flashlight (and extra batteries) <input type="checkbox"/> Candles and waterproof matches
Warmth and Clothing	<input type="checkbox"/> Blanket <input type="checkbox"/> Waterproof poncho <input type="checkbox"/> Change of clothes <input type="checkbox"/> Sturdy shoes or boots
First Aid	<input type="checkbox"/> First aid kit
Personal Items	<input type="checkbox"/> ID, contact lists, and medical records <input type="checkbox"/> Photos of family members <input type="checkbox"/> Medications <input type="checkbox"/> Spare keys <input type="checkbox"/> Toys for children <input type="checkbox"/> Sunscreen
Sanitation and Hygiene	<input type="checkbox"/> Toilet paper, garbage bags, small bucket with lid <input type="checkbox"/> Hand sanitizer and/or soap <input type="checkbox"/> Towel or paper towels <input type="checkbox"/> Toothpaste, toothbrush, floss, mouth wash <input type="checkbox"/> Feminine hygiene products
Tools and Hardware	<input type="checkbox"/> Duct tape <input type="checkbox"/> Multi-tool <input type="checkbox"/> Garbage bags <input type="checkbox"/> Needle and thread
Shelter	<input type="checkbox"/> Tent or large tarp <input type="checkbox"/> Sleeping bag or warm blankets <input type="checkbox"/> Thermal pad <input type="checkbox"/> Ground sheet
Cooking Supplies	<input type="checkbox"/> Small cooking stove <input type="checkbox"/> Pot <input type="checkbox"/> Utensils <input type="checkbox"/> Paper plates, plastic cups
Cash	<input type="checkbox"/> Small bills and coins



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VEHICLE EMERGENCY KIT

Food and Water	<input type="checkbox"/> Bottled water – enough for at least 72 hours <input type="checkbox"/> 72 hour supply of non-perishable snack foods
Communication	<input type="checkbox"/> Portable radio (and extra batteries) <input type="checkbox"/> Whistle <input type="checkbox"/> OK and HELP signs <input type="checkbox"/> Emergency flares
Lighting	<input type="checkbox"/> Flashlight (and extra batteries) <input type="checkbox"/> Candles and waterproof matches
Warmth and Clothing	<input type="checkbox"/> Blanket <input type="checkbox"/> Waterproof poncho <input type="checkbox"/> Change of clothes <input type="checkbox"/> Sturdy shoes or boots
First Aid & Safety	<input type="checkbox"/> First aid kit <input type="checkbox"/> Compass and road map <input type="checkbox"/> Sand, cat litter, or salt <input type="checkbox"/> Shovel <input type="checkbox"/> Booster cables <input type="checkbox"/> Ice scraper and brush
Personal Items	<input type="checkbox"/> ID, contact lists, and medical records <input type="checkbox"/> Photos of family members <input type="checkbox"/> Medications <input type="checkbox"/> Spare keys <input type="checkbox"/> Toys for children
Sanitation and Hygiene	<input type="checkbox"/> Toilet paper, garbage bags, small bucket with lid <input type="checkbox"/> Hand sanitizer and/or soap <input type="checkbox"/> Towel or paper towels <input type="checkbox"/> Toothpaste, toothbrush, floss, mouth wash <input type="checkbox"/> Feminine hygiene products

SAFETY TIP: Keep your gas tank at least ½ full, especially during winter.



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WORKPLACE EMERGENCY KIT

Food and Water	<input type="checkbox"/> Bottled water – 72 hour supply <input type="checkbox"/> 72 hour supply of non-perishable snack foods
Communication	<input type="checkbox"/> Portable radio (with extra batteries) <input type="checkbox"/> Whistle
Lighting	<input type="checkbox"/> Flashlight (and extra batteries) <input type="checkbox"/> Candle and waterproof matches
Warmth and Clothing	<input type="checkbox"/> Emergency blanket <input type="checkbox"/> Warm outerwear <input type="checkbox"/> Sturdy footwear
First Aid	<input type="checkbox"/> Small first aid kit
Personal Items	<input type="checkbox"/> ID, contact lists, and medical records <input type="checkbox"/> Photos of family members <input type="checkbox"/> Medications
Hygiene and Sanitation	<input type="checkbox"/> Toilet paper <input type="checkbox"/> Feminine hygiene supplies <input type="checkbox"/> Personal toiletries <input type="checkbox"/> Hand sanitizer

PET EMERGENCY KIT

Food and Water	<input type="checkbox"/> Wet and/or dry food <input type="checkbox"/> Bottled water <input type="checkbox"/> Treats <input type="checkbox"/> Feeding schedule <input type="checkbox"/> Food and water bowls
Medication	<input type="checkbox"/> Medication <input type="checkbox"/> Medication chart – dose and frequency
Comfort Items	<input type="checkbox"/> Blanket <input type="checkbox"/> Toys
Other	<input type="checkbox"/> Veterinarian and Vaccination Records <input type="checkbox"/> Can opener <input type="checkbox"/> Newspapers <input type="checkbox"/> Leash and muzzle <input type="checkbox"/> Carrier, travel bag, or pillow case <input type="checkbox"/> Plastic bags