

# Prepare now, learn how...

## Emergency preparedness kit essentials checklist\*

- Backpack/duffel bag/small suitcase (to hold kit items)
- Non-perishable food and can opener
- Bottled or bagged water (4L per person per day)
- Medication(s)
- Toilet paper and other personal items
- Personal protective equipment (PPE)
- Cell phone charger and power bank
- Cash in small bills
- Flashlight, headlamp, or glow stick
- Radio (crank or battery-run)
- Extra batteries
- First-aid kit
- Candles and matches/lighter
- Hand sanitizer or moist towelettes
- Important documents (identification)
- Extra car and house keys
- Whistle (to attract attention, if needed)
- Zip-lock and garbage bags and duct tape

\*Three-day supply per person

For additional items, visit:  
[ontario.ca/BePrepared](https://ontario.ca/BePrepared)

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