



# Emergency Preparedness Starts with You!

## Emergency Survival Kit

In the event of an emergency, everyone should be prepared to take care of themselves and their families for up to three days. Make sure that your emergency survival kit has:

- Flashlight and batteries
- Radio and batteries or crank radio
- Spare batteries
- First-aid kit
- Candles and matches/lighter
- Extra car keys and cash
- Important papers (identification)
- Food and bottled water
- Clothing and footwear
- Blankets or sleeping bags
- Toilet paper and other personal items
- Medication
- Whistle (to attract attention, if needed)
- Playing cards, games

## Be Prepared! Not Scared!

For more information please visit  
Emergency Management Ontario at  
[www.ontario.ca/emo](http://www.ontario.ca/emo)