

Packing your Basic Survival Kit

**Submitted by CRD Planning and Protective Services.
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Having essential supplies handy during an emergency is a vital part of preparedness. Whether at home, at work, or in your car, it is important to have your emergency kit ready to go when you need it the most.

Be sure to have a Grab-and-Go-Bag. You may need to leave immediately in the event of an emergency. This should be an easily accessible and portable kit, like a backpack or a carry on that will hold enough supplies for one person for at least 12 hours.

Shelter-In-Place Kits are meant to be used at home during an emergency when it is safe to do so. Here in the Capital Region, we encourage you to prepare to be self-sufficient for 7 days after an unexpected emergency as there may be challenges getting supplies to the island after an emergency.

Here are some recommended items for your emergency kits:

1. Water: Pack at least two bottles of water in your Grab-and-Go-Bag, and four litres per person per day in your Shelter-In-Place Kit.
2. Food: Energy bars and chewing gum will come in handy in your Grab-and-Go-Bag, but be sure to store non-perishable items that don't require water for your Shelter-In-Place Kit. If packing canned items, remember to include a can opener.
3. Radio and Flashlight: Communication may be limited after a disaster, so be sure to have a wind-up or battery-operated radio. A flashlight will also be beneficial.
4. First aid kit: A basic first aid kit with items such as pain tablets, eye drops, ointment and nitrile gloves should always be the first thing to go in your kit.
5. Special items include often forgotten items such as prescription medication, infant formula and pet food.
6. Other essentials could include hand sanitizer, notebook and pen, cash, chargers and spare keys
7. Remember all these kits should be customized based on your unique requirements as an individual or a family.

For more information, please visit www.crd.bc.ca/prepare-yourself