



Individual Preparedness – Grab 'n' Go Kit

Food and Water

Water (4 litres per person, per day and pets)
Food (for 3 days, that does not need refrigeration)
Infant Items: diapers, bottles, canned milk & food
Pet items: food, water, leash, kennel
Manual can opener
Paper or plastic plates, utensils
Alternate cooking source, with fuel

Health

First aid kit
First Aid manual
Medication (3-day supply)
Eye glasses / contacts and solution
Dentures
Personal hygiene items: tooth brush,
Toilet tissue, anti-bacterial wipes
Clothing: 3-day supply, suitable for the season

Important Papers

Insurance papers (scan/digital photos)
Copies of personal identification/passport
Family documents/photo albums
Numbers for RCMP, Fire and Ambulance
(do not use 911 in a large-scale disaster)
Name and number of your out-of-area contact(s)
Memory stick for important documents
Documents / photos of home (before/after)

Emergency Preparedness Websites

PreparedBC
BC Wildfire Information
Regional District Central Kootenay

Tools

Flashlight and batteries
Portable radio and batteries
Wrench (for shutting off valves)
Rope, 6 metres
Duct tape
Multi-blade knife
Candles/holder/waterproof matches
Shovel

Safety

Whistle
Emergency blanket/sleeping bag
Sturdy shoes/boots
Work gloves
Large garbage bags (rain protection
and waste disposal)
Water purification tablets

Miscellaneous

Map/Visitor's Guide
Extra house and car keys
Cell phone/charger
Cash
Paper and pencil
Tent
Playing cards
Children's toys

www.preparedbc.ca

www.bcwildfire.ca

www.rdck.bc.ca

BC Wildfire Public Information Line: 1-888-336-7378 (press 3 for Kootenay information)
To Report a Wildfire: 1-800-663-5555 or *5555 on most cell phones

Tune into local radio stations for current emergency information.
For evacuation orders and alerts go to www.EmergencyInfoBC.ca

