



## **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

**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](http://www.EmergencyInfoBC.ca)**

