



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

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

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

