Journey Middle School

Family Emergency Preparedness Checklist

Survival Support – Two Person Rescue Support

* Emergency Food Rations (2) Earthquake Survival Book (1)
* Emergency Water Rations (18 foil packets) Flashlight (1)
* Alkaline Batteries “AA” (2) Leather Palm Gloves (1)
* Alkaline Batteries “D” (2) Safety Goggles (1)
* Emergency Foil Blanket (2) Multi Function Knife (1)
* Garbage Bag (2) Poly Rope (1) (3/8” x 50’)
* Dust Mask (2) Duct Tape (1) (2” x 10yd)
* Light Stick (2) Tarp (1) (8’ x 8’)
* Waterproof Matches (2) Pliers (1)
* Radio AM/FM (1) Pry Bar (1)
* Toilet Tissue (1) Folding Shovel (1)
* Water Bag (1) Nylon Water Resistant Bag (1)
* Water Purification Tablets (1 bottle)
* Emergency Whistle (1)

General Emergency Preparedness Suggested Recommendations –

* Water, Water, Water – 4 litres of water per person/day. Store water in different areas.
* First Aid Kit – Buy one. Hospitals will be overwhelmed. Treat minor injuries yourself.
* If you/family are good campers, you are already prepared to cope outdoors (if needed).
* Have camping gear ready and easily accessible.
* Know how to survive on your own for three days to a week.
* Eat food in fridge first, then freezer, then canned goods. Always have a can opener in kit
* Out of area contact – Have someone outside BC you can call to let them know you’re ok.
* Cash – Have $100 in cash in your kit. Coins too. It may be a cash economy for a while.
* Extra Clothes - Have extra supply of clothes for all members of your family.
* Pets – Have extra supply of pet food in a place you can access.
* Have Extra medications … Extra glasses/contact lenses … Extra bathroom supplies.
* Have Extra Batteries – Both “AA” and “D”
* Activities – Games, Books, Cards and general activities to pass the time.
* IMPORTANT – Put together your family emergency kit(s), supplies, clothes, activities, procedures OVER TIME. To BEGIN is the most important step with emergency preparedness kits.