

Journey Middle School

Family Emergency Preparedness Checklist

Survival Support – Two Person

- Emergency Food Rations (2)
- Emergency Water Rations (18 foil packets)
- Alkaline Batteries “AA” (2)
- Alkaline Batteries “D” (2)
- Emergency Foil Blanket (2)
- Garbage Bag (2)
- Dust Mask (2)
- Light Stick (2)
- Waterproof Matches (2)
- Radio AM/FM (1)
- Toilet Tissue (1)
- Water Bag (1)
- Water Purification Tablets (1 bottle)
- Emergency Whistle (1)

Rescue Support

- Earthquake Survival Book (1)
- Flashlight (1)
- Leather Palm Gloves (1)
- Safety Goggles (1)
- Multi Function Knife (1)
- Poly Rope (1) (3/8” x 50’)
- Duct Tape (1) (2” x 10yd)
- Tarp (1) (8’ x 8’)
- Pliers (1)
- Pry Bar (1)
- Folding Shovel (1)
- Nylon Water Resistant Bag (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.