



First Aid Kit

Keep a first aid kit readily available in your home, knapsack, purse, car, workplace, and recreation area. Store it in a dry place and replace used or outdated contents regularly.

A first aid kit should contain the following:

- Emergency telephone numbers for EMS/9-1-1, your local poison control centre, and your personal doctors
- Home and office phone numbers for family members, friends, or neighbours who can help
- Sterile gauze pads (dressings) in small and large squares to place over wounds
- Adhesive tape
- Roller and triangular bandages to hold dressings in place or to make an arm sling
- Adhesive bandages in assorted sizes
- Scissors
- Tweezers
- Safety pins
- Instant ice packs
- Disposable non-latex gloves, such as surgical or examination gloves
- Flashlight, with extra batteries in a separate bag
- Antiseptic wipes or soap
- Pencil and pad
- Emergency blanket
- Eye patches
- Thermometer
- Barrier devices, such as a pocket mask or face shield
- Coins for pay phone
- Canadian Red Cross first aid manual





Emergency Preparedness Kit

Red Cross recommends that you keep a disaster preparedness kit in your home with enough supplies to meet your family's needs for at least three days. By taking the time now to store food, water and supplies, you can provide for yourself and your family in an emergency.

Basic emergency kit

- Water – at least two litres of water per person per day. Include small bottles that can be carried easily in case of an evacuation order
- Food that won't spoil, such as canned food, energy bars and dried foods (remember to replace the food and water once a year)
- Manual can-opener
- Flashlight and batteries
- Candles and matches or lighter (remember to place candles in sturdy containers and to put them out before going to sleep)
- Battery-powered or wind-up radio (and extra batteries)
- First aid kit
- Special items such as prescription medications, infant formula, and equipment for people with disabilities
- Extra keys for your car and house
- Some cash in smaller bills, such as \$10 bills and change for payphones
- A copy of your emergency plan and contact information. You can also buy a pre-packaged Canadian Red Cross kit at www.redcross.ca.

Recommended additional items

- A change of clothing and footwear for each household member
- Sleeping bag or warm blanket for each household member
- A whistle (in case you need to attract attention)
- Garbage bags for personal sanitation
- Toilet paper and other personal care supplies
- Basic tools (hammer, pliers, wrench, screwdrivers, fasteners, work gloves)
- Small fuel-driven stove and fuel (follow manufacturer's directions and store properly)
- Two litres of water per person per day for cooking and cleaning.

Basic car kit

- Food that won't spoil (such as energy bars)
- Water
- Blankets
- Extra clothing and shoes
- Candle in a deep can and matches
- First aid kit with seatbelt cutter
- Warning light or road flares
- Small shovel, scraper, and snowbrush
- List of contact numbers

Recommended additional items for your car

- Sand, salt or cat litter
- Antifreeze, windshield washer fluid
- Tow rope and jumper cables
- Fire extinguisher
- Roadmaps, whistle, and flashlight