

## Putting it all together

- ❑ Prepare an individual emergency kit for each member of your family
- ❑ Use the checklists provided to gather all the necessary materials
- ❑ Pack enough food for three days, and one complete change of clothes
- ❑ Assemble each kit in a backpack. A backpack is easy to grab if you must leave your home in a hurry, and leaves your hands free to do other things
- ❑ **Have your kits ready to go at all times and keep them near your emergency exit.** In case of an emergency, you may not have time to gather all the supplies or search for your kit



## Other ways to prepare

- ❑ Develop an escape plan for your home and designate a meeting place outside
- ❑ Practise emergency evacuation drills
- ❑ Post emergency phone numbers and know where to get help during an emergency
- ❑ Know how to shut off the water, gas and electricity in your home
- ❑ Know where you can take your pets during an emergency. Prepare a pet emergency kit with food, leashes, carriers, litter pan and medications
- ❑ Learn about natural disasters and how you can protect yourself
- ❑ Read York Region's *Emergency Preparedness Guidebook*, available at the Information Kiosk at the York Region Administrative Centre, or on the Region's Website at [www.region.york.on.ca](http://www.region.york.on.ca)

**If you require immediate fire, police  
or ambulance response dial  
9-1-1**

To obtain information during a declared emergency in York Region call:  
1-877-967-5455

For all other matters or to obtain information, please use the following non-emergency numbers:

**Richmond Hill Fire Department**  
905-883-5444

**York Regional Police**  
905-773-1221

**York Central Hospital**  
905-883-1212

**Town of Richmond Hill**  
905-771-8800

For more information on preparing for an emergency or to learn about Richmond Hill's Emergency Plan, please contact the Richmond Hill Fire Department.

**905-883-5444**  
[www.richmondhill.ca](http://www.richmondhill.ca)

*Produced by Communication Services,  
Corporate Services Department Staff,  
with the Richmond Hill Fire Department.*

# Are You Prepared?



Prepare your family with  
**The 72 Hour  
Emergency Kit**



Information provided by the Town of Richmond Hill Fire Department, working to ensure your safety.

## What is a 72 Hour Emergency Kit?

In the event of a flood, fire, tornado, ice storm, chemical spill or other emergency, relief workers and local officials cannot get to everyone right away. You may have to evacuate your home immediately, or you may be forced to wait in your home until help arrives.

A 72 Hour Emergency Kit will help sustain you and your family during a crisis. It contains all the water, food, clothing, tools and personal items your family requires for three days, assembled into an easy-to-carry package.



## Why prepare?

While no one likes to think about disasters, preparing for one is the best way to survive it. That's why the Town of Richmond Hill has an Emergency Plan in place, allowing officials to take control of an unexpected situation.

By the same token, being prepared on a personal level will help you cope with an emergency. It ensures your family's comfort, and lets you remain calm and adapt more easily to any situation.

An emergency can happen in any neighbourhood. Don't be caught off guard, which can make a stressful situation even more difficult. Prepare yourself by creating your own 72 Hour Emergency Kit.

## Water

Pack four litres of water per adult per day: two for drinking and two for sanitation and food preparation. Nursing mothers or people with illnesses require more water.

Store water in clean plastic containers; use soft drink bottles or purchase bottled water (do not use glass containers or cardboard cartons). Also pack water purification tablets to purify water from questionable sources.

## Food

Your kits should contain a three-day supply of non-perishable food. Select foods that do not require refrigeration or cooking, and use little or no water in preparation. Food items should be compact and lightweight, and packaged in Ziploc bags to prevent leaks. Include a selection of the following:

- Canned meat, fruit and vegetables
- Protein bars or trail mix
- Peanut butter and crackers
- Beef jerky, dried fruit
- Sweetened cereals, granola bars
- Cookies, hard candy, chewing gum
- Tea bags, instant coffee, hot chocolate



## Tools and Supplies

- Mess kit or plastic plates and cutlery
- Manual can opener
- Pocket knife
- Needle and thread
- Flashlight, extra batteries
- Portable radio, extra batteries
- Can of Sterno
- Candle
- Waterproof matches
- Hatchet
- Plastic garbage bags



## First Aid Kit

- First aid manual
- Sterile adhesive bandages (Band-Aids)
- 2" and 4" gauze pads
- Triangular bandage
- Adhesive tape
- Scissors and tweezers
- Moistened and antiseptic towelettes
- Non-prescription medication: pain reliever, antacid, laxative, anti-diarrheal



## Personal Care Items

- Toothbrushes and toothpaste
- Cotton swabs
- Feminine napkins
- Face cloth and hand towel
- Soap
- Toilet tissue



## Clothing and Bedding

- Hat (winter or summer)
- Mittens or gloves
- 2 pairs of wool socks
- Sweater or sweatshirt
- Pants
- Underwear and thermal underwear
- Running shoes or hiking boots
- Waterproof jacket
- Sleeping bag, blankets, space blanket



## Children's Needs and Recreational Items

- Infant formula and bottles
- Baby food
- Diapers and baby wipes
- Clothing
- Large warm blanket
- Pacifier
- Child pain/fever medication, vitamins
- Travel game, deck of cards
- Toy, book, colouring book and crayons

