



St. John Ambulance

SAVING LIVES
at work, home and play

72-Hour (3 Day) Emergency Preparedness Kits

Individual Emergency Supply Kit

Large backpack

- Water (1 gallon per person per day)
- Food (3-day supply of non-perishable food – not canned)
- Battery-powered or hand crank radio (extra batteries)
- Battery-powered or hand crank flashlight (extra batteries)
- Candles and matches/lighters
- Hand sanitizer
- Pet food and supplies – if necessary
- First aid kit (family and sport)
- Prescription medication – if necessary
- Over the counter medications
- Whistle (to signal for help)
- Dust mask (help filter contaminated air)
- Plastic sheeting/tarp (water-proof shelter)
- Garbage bags (for keeping things dry)
- Sanitary wipes
- Duct tape
- Road flares
- Local maps of the surrounding area (resources, support, shelter, help, medical aid)
- Extra keys (house and car)
- Important family documents (ID, licence, passport, insurance and bank records...etc. – preferable on USB instead of paper copies)
- Cell phone with chargers, inverter or solar charger
- Sleeping bag or warm blanket
- Toiletries and personal hygiene items
- Change of clothing and footwear

Provincial Head Office | 3rd Floor, 12304 -118 Ave NW, Edmonton, AB Canada T5L 5G8
Tel: (780) 452-6565 | Fax: (780) 452-2835 | Email: phq@stjohn.ab.ca

Charitable Registration No.: 88725 4035 RR0001

stjohn.ab.ca