

## Water Kit

At least two litres of drinking water per adult per day should be stored in clean and disinfected containers with secure lids. Children, nursing mothers and ill people will need more. Keep at least a three-day supply of water for each person in your household. Include purification tablets or chlorine bleach and an eye dropper.

## Special Needs Kits

Prepare for family members with special needs, such as infants, elderly or disabled persons.

*For babies:* jarred baby food; instant cereal or formula to last one week; extra sterilized water to make formula; infant formula with extra sterile water to mix (if needed); baby bottles, disposable diapers, extra clothing, snowsuit, medication.

*For adults:* special medications, denture needs, eye glasses, hearing aids, batteries.

*For children:* toys, games, extra clothing, special meds.

*For the disabled:* extra batteries for wheelchairs and other personal care equipment, oxygen, medication, catheters, and food for guide or service dogs.

*For pets:* water, food, veterinary records

## First Aid Kit

Sterile adhesive bandages in assorted sizes  
2-inch sterile gauze pads (4-6)  
4-inch sterile gauze pads (4-6)  
adhesive tape triangular bandages (3 rolls)  
scissors and tweezers  
moistened towelettes  
antiseptic  
thermometer  
tongue depressor  
cold pack  
petroleum jelly tube  
safety pins  
soap  
latex gloves (2 pair)  
sunscreen/mosquito repellent  
first aid manual  
non-prescription drugs (pain reliever, anti-diarrhea, antacid, syrup of Ipecac, laxative, activated charcoal)

## Car Survival Kit

Try to keep your car's gas tank at least half-full to full at all times and make sure you have one of these survival kits in the trunk. Some important items to include:

booster cables  
first aid kit  
road maps  
methyl hydrate to de-ice the fuel line  
ice scraper and brush  
sand (or kitty litter)  
blankets  
candles in a deep can, camping matches  
waterproof matches  
a tow chain  
warning light or flares  
flashlight  
extra hats, coats and footwear  
food bars (granola, chocolate, etc.)  
fire extinguisher

## Important Family Documents

Keep a hard copy of the following records in a waterproof, portable container:

policies, contracts, deeds, stocks and bonds  
passports  
social security cards  
immunization records  
bank account numbers  
credit card account numbers and companies  
inventory of valuable household goods  
important telephone numbers  
family records (birth, marriage, death certificates)  
photos of family members in case you are separated.

Information on this sheet was compiled by the City of Ottawa, Emergency and Protective Services



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