



HOUSEHOLD EMERGENCY KIT CHECKLIST

Make sure the kit contains enough supplies to support each person's needs for at least 72 hours! This list was inspired by the emergency kit list in our [Emergency Preparedness Reference Guide](#) and the [Government of Alberta's Household Emergency Kit List](#).

Tools and Equipment

- ☐ Camp mess kit
- ☐ Radio
- ☐ Batteries
- ☐ Crank or battery-powered flashlight
- ☐ Waterproof matches
- ☐ Lighter
- ☐ Phone charger or power bank
- ☐ Duct tape
- ☐ Whistle
- ☐ Multi-purpose tool
- ☐ Gloves, goggles, dust mask
- ☐ Can opener
- ☐ Pet supplies (toys, crate, and bedding)
- ☐ First aid kit

Hygiene

- ☐ Soap and detergent
- ☐ Shampoo, deodorant, personal products, etc.
- ☐ Garbage and recycling bags
- ☐ Hand sanitizer
- ☐ Menstrual products
- ☐ Toilet paper
- ☐ Paper towel
- ☐ Tissues
- ☐ Sunscreen
- ☐ Bug spray
- ☐ Masks
- ☐ Resealable bags

Clothes and Bedding

- ☐ Blankets
- ☐ Sleeping bag
- ☐ Small tent
- ☐ Extra underwear and socks
- ☐ Extra clothes (seasonally appropriate)
- ☐ Extra shoes
- ☐ Hand/foot warmers
- ☐ Rain jacket, pants, boots, umbrella

Documents

- ☐ Driver's license
- ☐ Insurance policies
- ☐ Copies of important documents (e.g., birth and marriage certificates, will, passports, etc.)
- ☐ Prescriptions
- ☐ Household emergency plan

Food and water

- ☐ Water and liquids (4L per person, per day)
- ☐ Aqua tabs
- ☐ Non-perishable foods with high protein and snacks
- ☐ Baby formula and supplies (if necessary)
- ☐ Pet food, medication, and supplies (if necessary)

Personal supplies

- ☐ Entertainment (cards, notebooks, books, pens, pencils, computer)
- ☐ Medications (prescription and over-the-counter)
- ☐ Medical equipment (e.g., walker, wheelchair)
- ☐ Cash
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Floss

IMPORTANT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Otipemisiwak
Métis Government

Environment and Climate Change

780-455-2200 • 1-817-454-0684 • environment@metis.org

AlbertaMetis.com

