

## Emergency Preparedness Checklist

Have these supplies at hand and you'll be better prepared. Be ready at [home](#) and in [your car](#).

Emergency supplies you should have at home	
Water	At least two litres per adult per day
Food	Canned food: soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits  Crackers and biscuits  Honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee, tea
Flashlight	<i>Power failures are common in Nova Scotia, particularly in rural areas</i>
Radio and batteries	<i>Battery-powered, or crank radios let you hear local announcements</i>
Spare batteries	
First-aid kit	
Extra car keys and cash	
Important papers	<i>identification for everyone, personal documents</i>
Clothing and footwear	<i>one change of clothes per person</i>
Blankets or sleeping bags	<i>one per person</i>
Personal supplies	<i>tooth paste, soap, toilet paper, etc</i>
Medication	
Backpack/duffel bag	<i>in case of an evacuation</i>
Whistle	
Playing cards, games	
Stove that does not require electricity	<i>follow the manufacturer's instructions Never use a barbeque indoors</i>
Plastic garbage bags	

It is also recommended that individuals maintain a conventional **landline telephone** in their home. During events of extended power outages you may not be able to rely on cordless phones, cellular phones, or internet phone service.

Emergency equipment you should have in your car	
Shovel	Ice scraper and brush
Sand, salt or kitty litter; traction mats	Booster cables

Tow chain	Methyl hydrate (for fuel line and windshield de-icing)
First-aid kit	Fire extinguisher
Flashlight	Road maps
Warning light or road flares	Emergency food pack
Extra clothing and footwear	Cloth or roll of paper towels
Axe or hatchet	Compass
Matches and a "survival" candle in a deep can ( <i>to warm hands, heat a drink or use as an emergency light</i> )	Blanket ( <i>special "survival" blankets are best</i> )