

### How to Build a Household Emergency Kit and Grab-and-Go Bag



Following a disaster, you may need to stay at home with your emergency kit or leave immediately with your [grab-and-go-bags](#). Gather and organize your emergency supplies now so you're ready when disaster strikes.


Building your [emergency kit](#) or [grab-and-go bag](#) doesn't need to be expensive or take a lot of time. Follow our basic supply lists below. Just remember to consider the unique needs of your household, such as including items for [pets](#) or [seniors](#).

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#### *What Supplies Does my Emergency Kit Need?*

Put your supplies in one or two containers, such as plastic bins or duffel bags. Store them in an area of your home that's easy to get to, such as a hall closet, spare room or garage.

- Non-perishable food: three-day to one-week supply, with a manual can opener
- [Water](#): four litres per person, per day for drinking and sanitation
- Phone charger, battery bank or inverter
- Battery-powered or hand-crank radio
- Battery-powered or hand-crank flashlight
- Extra batteries
- First-aid kit and medications
- Personal toiletries and items, such as an extra pair of glasses or contact lenses
- Copy of your emergency plan, copies of important documents, such as insurance papers
- Cash in small bills
- Garbage bags and moist towelettes for personal sanitation
- Seasonal clothing, sturdy footwear and emergency blanket
- Dust masks if you live in an area that's prone to earthquakes
- Whistle
- [Help/OK Sign](#) (PDF): Display the appropriate side outward in your window during a disaster.


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**BASIC EMERGENCY KIT SUPPLIES**
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	First aid kit, prescriptions and other personal items		Emergency plan, copies of important documents and cash		Garbage bags, moist towelettes and plastic ties
	Battery-powered or hand-crank radio		Phone charger and battery bank		Blanket, seasonal clothing and footwear
	Battery-powered or hand-crank flashlight		Non-perishable food for at least three days		Water for at least three days; four litres per person per day
	Whistle				

### *How to Build a Grab-and-go Bag*

You may need to leave immediately in the event of an emergency. Be ready to go by having a smaller version of your emergency kit in an easy-to-access place in your home. In addition to having one at home, create grab-and-go bags for your workplace and vehicles that contain:

- Food (ready to eat) and water
- Phone charger and battery bank
- Small battery-powered or hand-crank radio
- Battery-powered or hand-crank flashlight
- Extra batteries
- Small first-aid kit and personal medications
- Personal toiletries and items, such as an extra pair of glasses or contact lenses
- Copy of your emergency plan, copies of important documents, such as insurance papers
- Cash in small bills
- Local map with your family meeting place identified
- Seasonal clothing and an emergency blanket
- Pen and notepad
- Whistle

## Grab-and-Go Bag

