

# GEM

Goodyear Emergency  
Management Consulting



# EMERGENCY KIT CHECKLIST

## ESSENTIALS

- Water (at least 4 litres per person per day)
- Non-perishable food (protein-rich canned goods, energy bars, dry snacks)
- Manual can opener
- First aid kit

## PERSONAL ITEMS

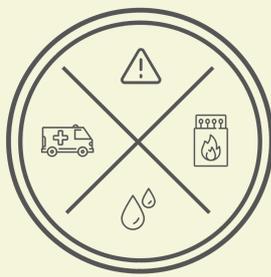
- Prescription medications & over-the-counter essentials
- Extra eyeglasses/contact lenses & solution
- Copies of important documents (ID, insurance, medical records)
- Emergency cash (in small bills)

## COMMUNICATION & POWER

- Battery-powered or hand-crank emergency radio (preferably with weather alerts)
- Battery-powered or hand-crank flashlight
- Extra batteries
- Portable charger for mobile devices

## SANITATION & HYGIENE

- Hand sanitizer, soap & disinfecting wipes
- Toothbrush & toothpaste
- Menstrual supplies
- Toilet paper



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## SAFETY & TOOLS

- Multi-tool or utility knife
- Whistle (for signaling for help)
- Duct tape
- Local maps & compass

## SHELTER & WARMTH

- Insulated sleeping bags (rated for Canadian winters)
- Emergency blankets & thermal wear
- Extra warm clothing (wool socks, gloves, toque, layered clothing)
- Hand & foot warmers

## SPECIAL CONSIDERATIONS

- Infant supplies (formula, diapers, baby wipes)
- Pet supplies (food, leash, carrier, medicine)
- Emergency transportation supplies (jumper cables, road flares)
- Medical equipment

## ADDITIONAL WINTER PREPAREDNESS

- Ice scraper & shovel
- Sand or cat litter (for traction if stuck in ice/snow)
- Battery booster pack (for vehicle emergencies)
- Winter boots & snow gear

This checklist aligns with Canadian emergency preparedness recommendations and helps you prepare for both everyday emergencies and extreme weather conditions.