

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 | |
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| 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 | |
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| 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>) |