

Food	Canned goods like beans, soup, and pasta
	Dry pasta, beans, rice, or other grains
	Frozen foods such as fruit, vegetables, meat, and meat alternatives
	Sugar free food alternatives for people with diabetes
	Diabetic "Activity Snacks"
	Gluten free food alternatives for people with Celiac disease
	Pet food
Water and liquids (4 litres, per person, per day)	Minimum 72-hour supply of water and electrolytes
Medical supplies	Adequate supply of any prescription drugs, such as heart medication, insulin for people with diabetes and inhalers for people with asthma
	Over-the-counter medications such as pain relievers, cold medications, digestive aids, and anti-nausea
	Essential medical equipment with backup power
	Back-up pair of glasses and/or extra contact lenses and solution
Critical records	Have a copy of all personal documents in a protective, sealable bag
	Include identification, birth certificates, passports, citizenship papers, Social Insurance Numbers, emergency contact list, critical medical records, and prescriptions
First aid kit	Gauze, bandages, tape, and antibacterial ointment
	Antiseptic wipes and protective gloves
Sanitation supplies	Hand Sanitizer and wipes
	Non-medical masks
	Soaps and household cleaning supplies
	Personal hygiene products
	Trash bags
	Tissues, toilet paper and paper towels
Other items	Enough emergency cash to cover up to 2 weeks of incidental expenses, if possible
	Battery-powered or crank radio
	Flashlight
	Candles and matches or a lighter
	Electronics battery charger
	Vitamins and supplements
	Space heaters and extra blankets
	Essential tools like a can opener and a multi-tool
	Extra batteries for household items and medical equipment
	Entertainment, such as board games, movies, podcasts, and books