

| | |
|--|--|
| 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 (if you have a pet) |
| 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 |