

72-HOUR HOUSEHOLD EMERGENCY KIT

During an emergency, you and your family need to be prepared to be self-sufficient at home for an extended period of time. In the event of an emergency or disaster, roads may be closed, and emergency services stretched beyond capacity. It is important that you and your family are able to go at least 72 hours without outside assistance.

Most of the items you need to create an emergency kit are basic camping and outdoors supplies, which many people in Squamish already have in their homes. Gather and organize your emergency supplies now so that you are ready when disaster strikes. Check out [Prepare Squamish](#) for more information.

Recommended Items:

- Water: 4 litres per person, per day for drinking and sanitation (or a water purification system)
- Non-perishable food: 3-day to 1-week supply. Ensure you have a supply of suitable food for babies, toddlers and any pets.
- Camping bowls/plates and cutlery
- Manual can opener, Sharp pair of scissors and camping knife
- Camp stove and fuel, or briquettes
- Phone charger, battery bank or inverter
- Battery-powered or hand-crank flashlight
- Battery-powered or hand-crank radio
- Extra batteries
- First-aid kit and medications
- Personal toiletries- if relevant include sanitary napkins, diapers for babies, extra pair of glasses or contact lenses
- Blankets and towels
- Large tarps and rope
- Tent
- Cash in small bills
- Copy of your emergency plan, copies of important documents, such as insurance papers (store copies on a USB stick, or in the cloud)
- Garbage bags, toilet paper, hand sanitizer, and moist towelettes for personal sanitation
- Seasonal clothing, sturdy footwear
- Dust masks, work gloves, and safety glasses
- Whistles