Humanity First
Serving Mankind

HUMANITY FIRST CANADA

READY FOR 30 DAYS

Emergency Preparedness Handbook

A practical, inclusive guide for households in Canada.
Start with the essentials and build resilience at your own pace.



PLAN | STORE | PROTECT | REASSESS

Preface

A Message from the Chairman, Humanity First Canada

Preparedness Today Can Save Lives Tomorrow

Emergencies and disasters can strike unexpectedly, disrupting our daily lives. We can minimize their impact through awareness, planning, and preparation.

Emergency preparedness helps protect ourselves, our families, and our communities while enabling us to support others in times of need.

This **30-Day Emergency Preparedness Handbook** has been developed as a practical guide to help individuals and families become more self-reliant during prolonged emergencies. It provides essential supply checklists, recommended quantities for individuals and families, estimated costs, and guidance on food, water, medicines, sanitation, communication, and household safety. Special consideration has been given to the needs of children, seniors, and individuals requiring additional assistance.

How to Use This Handbook?

I encourage every household to read this handbook carefully, assess its existing supplies, and use the checklists to develop a personalized emergency preparedness plan. Begin by securing the most essential items, gradually build your supplies toward the recommended 30-day target, and regularly review and replenish them. Most importantly, discuss your emergency plan with family members and practise what to do when an emergency occurs. Preparedness is an ongoing process, not a one-time activity. No stockpile can guarantee safety in every situation, and official emergency instructions, including evacuation orders, must always take priority.

Our goal is simple: Every family prepared, every community resilient, and every life protected.

I hope this handbook will inspire you to take practical steps today toward a safer and more secure tomorrow.

Dr. Aslam Daud
Chairman Humanity First Canada

IMPORTANT EMERGENCY PREPAREDNESS & SAFETY DISCLAIMER

This handbook is intended for general education, awareness, and household emergency preparedness planning. It is not a substitute for official emergency instructions, professional medical advice, or guidance from emergency management authorities.

The recommended supplies and quantities are planning estimates for up to 30 days. Actual requirements will vary depending on household size, age, medical conditions, climate, and the nature and duration of an emergency. **Having 30 days of supplies does not guarantee safety or survival during a disaster.**



IMPORTANT EMERGENCY PREPAREDNESS & SAFETY DISCLAIMER

Information, product availability, prices, and public safety recommendations may change. Readers should regularly review their emergency plans and consult current guidance from the Government of Canada, provincial and municipal emergency management authorities, and recognized humanitarian organizations.

Humanity First Canada encourages every household to prepare responsibly, prioritize personal safety, and seek professional or emergency assistance whenever necessary.



Preparedness reduces risk.

Awareness saves lives.

Safety must always come first.

Using this handbook

START HERE

Prepare for at least 72 hours, whether you shelter at home or evacuate. Local authorities may recommend more supplies; household needs and location matter.[1]

This booklet extends that starting point to an optional 30-day reserve. Build gradually, use food you normally eat, and keep a separate portable evacuation kit.

SAFETY COMES BEFORE SUPPLIES

Follow current local instructions, including shelter-in-place and evacuation directions. Stored supplies do not make an unsafe building safe.

Find what you need

Section	Pages
Your plan; water and food	7-12
Health; household needs; hygiene	13-15
Power, fire, alerts and safe shelter	16-19
Evacuation and response	20-21
Purchasing, budget and maintenance	22-24
Write-in household worksheets	25-27
Essential reminders	28

Evidence and limits: source notes identify official guidance. Worksheets, spending ranges and the 30-day approach are planning tools, not medical advice or government-endorsed requirements.

1]Public Safety Canada, Emergency kit checklist. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-kits/get-kit.html

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72-HOUR HOME EMERGENCY KIT

Prepare to shelter in place or evacuate with essentials for 3 days.

CHECKLIST / 1 OF 2

WATER PLANNING — PER PERSON

Basic checklist: 2 L/day = 6 L for 72 hours | More comprehensive: 4 L/day = 12 L

Plan extra for medical needs, pets, cooking and sanitation as appropriate.

ESSENTIAL SUPPLIES

- [ ] Stored or bottled water for every household member
- [ ] Non-perishable, ready-to-eat food for at least 3 days
- [ ] Manual can opener; eating utensils, cups and plates
- [ ] Flashlight and battery-powered or hand-crank radio
- [ ] Spare batteries, phone charging cable and power bank
- [ ] First aid kit (bandages, gauze, antiseptic wipes, gloves)
- [ ] Cash in small bills and spare home/car keys
- [ ] Basic tools such a hammer, screwdrivers, gloves and pocket knife
- [ ] Candles with waterproof matches, duct tape, scissors and plastic sheet

GRAB AND GO BAGS

Consider preparing a separate grab-and-go bag for each member of your household. These bags should include essential items from your basic emergency kit, but are easier to carry in an evacuation. Additionally, consider adding the following items:

- [ ] Local maps
- [ ] Change of clothing and footwear for each household member
- [ ] Sleeping bag or warm blanket for each household member
- [ ] Utensils, plates and cups
- [ ] A small multi-tool with a screwdriver, scissors and other useful tools
- [ ] Activities for children like books, puzzles or toys

HYGIENE, CLOTHING & COMFORT

- [ ] Toilet paper, tissues, paper towels, hand sanitizer
- [ ] Personal hygiene products and menstrual supplies
- [ ] Garbage bags and basic cleaning supplies
- [ ] Warm blanket or sleeping bag for each person
- [ ] Change of clothing and suitable footwear
- [ ] Weather-appropriate items (rainwear, hats, extra socks)

HEALTH & INDIVIDUAL NEEDS

- [ ] Prescription medication and medication/dosage list
- [ ] Essential medical devices and necessary backup supplies
- [ ] Eyeglasses, contact lens supplies and face masks
- [ ] Infant supplies: formula, food, diapers and wipes
- [ ] N95 masks or surgical masks
- [ ] Mobility, disability and accessibility-related supplies

PLANS, DOCUMENTS & EXTRAS

- [ ] Printed household emergency plan and contact list
- [ ] Copies of identification, health cards and insurance
- [ ] Emergency-service contacts and next-of-kin details
- [ ] Paper map, whistle, pen and notepad
- [ ] Useful basic household items and waterproof storage
- [ ] Activities and comfort items for children

MY FAMILY EMERGENCY DETAILS

Emergency contact: _____

Out-of-area contact: _____

Family meeting place: _____

PACK IT SO YOU CAN LEAVE QUICKLY

Keep kits accessible in an easy-to-carry bag or split supplies into smaller grab-and-go bags. Tell everyone where kits are stored. Review supplies when clocks change in spring and fall; replace expired items.

BUY AN EMERGENCY KIT

Instead of making one yourself, you can also buy an emergency kit or supplies online and in various stores across Canada. If you choose to purchase a pre-made kit, be sure to customize it with personal items specific to your household's needs.

For 30 Day emergency kit please refer to Page 29

72-HOUR VEHICLE EMERGENCY KIT

Keep a separate kit in your vehicle, ready for travel and roadside delays.

CHECKLIST / 2 OF 2

VEHICLE KIT = PASSENGER ESSENTIALS + WINTER SAFETY

Adapt supplies to the number of travellers, route, season and local conditions.

KEEP IN THE VEHICLE

- ☐ Non-perishable food such as energy bars
- ☐ Drinking water in sturdy plastic bottles (rotate regularly)
- ☐ Warm blanket for passengers
- ☐ Extra clothing, gloves, socks and sturdy footwear
- ☐ First aid kit and an emergency seatbelt cutter
- ☐ Flashlight (preferably hand-crank) and a whistle
- ☐ Printed road map and emergency contact/plan copies
- ☐ Phone charging cable and charged power bank

STORE SECURELY IN THE TRUNK

- ☐ Small shovel, snow brush and windshield ice scraper
- ☐ Sand, salt or non-clumping cat litter for traction
- ☐ Windshield washer fluid suited to the season
- ☐ Tow rope and jumper cables
- ☐ Vehicle-rated fire extinguisher
- ☐ Reflective warning triangle or approved warning light

SEASONAL & PERSONAL EXTRAS

- ☐ Seasonal clothing and rain or cold-weather protection
- ☐ Essential medication and disability-related supplies
- ☐ Infant or pet supplies, when travelling with them
- ☐ Emergency contact information in an accessible place

BEFORE EVERY LONG TRIP

- ☐ Check weather, road closures and official advisories
- ☐ Tell a trusted person your route and expected arrival
- ☐ Check fuel/charge level, tires and essential vehicle fluids
- ☐ Confirm phone charge and inspect emergency supplies
- ☐ Adjust kit for rural, remote or extreme-weather travel

IF STRANDED: PRIORITIZE SAFETY

- Call 911 for immediate danger; use roadside assistance when appropriate.
- Follow official road and emergency instructions. Keep hazard lights on if safe.
- Prevent carbon monoxide exposure: never operate unsafe heaters or generators in an enclosed vehicle.
- Protect against cold and heat; use blankets, hydration and suitable clothing.
- Store loose gear securely; check emergency supplies and water at least every six months.

DISCLAIMER: Educational checklist only. Adapt to personal needs and local official guidance. It does not replace emergency services, medical advice or vehicle safety instructions. **In an immediate emergency, call 911.**

For 30 Day emergency kit please refer to Page 29

PREPARE BEFORE AN EMERGENCY

Make a household plan

Use a written plan and practise it with everyone in your household. Include the people who may need help and the people who can provide it.[2]'[3]



WRITE IT DOWN

Complete the contact and continuity worksheets on pages 21–22. Share necessary details with trusted helpers, not public groups.

[2]Public Safety Canada, Emergency kit checklist. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-kits/get-kit.html
[3]Public Safety Canada, Emergency preparedness for persons with disabilities. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-planning-resources/persons-disabilities.html

Plan your water supply

Health Canada recommends 2 litres per person per day in an emergency kit and suggests 2 additional litres for cooking and cleaning. This booklet uses 4 litres per person per day as a starting reserve calculation, not a complete domestic water allowance.[4]

Days	One person	Four people
3 days	12 L	48 L
7 days	28 L	112 L
14 days	56 L	224 L
30 days	120 L	480 L

Calculation: people × days × 4 litres. Add water for pets and individual needs, including hot weather, illness, pregnancy and breastfeeding.

CHECK SPACE AND WEIGHT

480 litres weighs approximately 480 kilograms before containers. Use manageable containers and confirm storage/floor capacity with an appropriate building professional. Keep exits clear.

Four litres does not cover normal showers, laundry or toilet flushing. If storage is impractical, plan safe replenishment and an alternative place to stay; never assume emergency deliveries will arrive.

WHO emergency water figures cover wider drinking, cooking and hygiene needs. They are context-dependent service-planning benchmarks, not a requirement to store 450 or 1,800 litres in a Canadian home.[5]

[4]Health Canada, Food and drinking water safety in an emergency. https://www.canada.ca/en/health-canada/services/food-drinking-water-safe-emergency.html
[5]WHO, How much water is needed in emergencies? Technical Note 9. https://www.who.int/docs/default-source/wash-documents/wash-in-emergencies/technical-notes-on-wash-in-emergencies/who-tn-09-how-much-water-is-needed.pdf

Keep water safe

- **Store safely:** Use sealed food-grade containers, never former chemical containers. Label fill dates; keep cool, away from sunlight, fuel and pesticides. Clean and sanitize containers before filling.
- **Rotate:** Replace self-filled stored water every six months; follow package dates for commercial water. Use a clean dispensing method and keep containers closed.[6]

KNOW THE ADVISORY

- **Boil-water advisory:** Follow local instructions. Health Canada describes a rolling boil for 1 minute, or at least 2 minutes above 2,000 metres. Cool safely and use clean, covered containers.
- **Do-not-consume / do-not-use:** Use a safe alternative supply and follow the exact restrictions. Boiling does not make chemical or radiological contamination safe and can worsen exposure.[7]



If safe water cannot be maintained, seek official assistance and arrange safe relocation. No filter can create a water supply.

[6]US CDC, How to create an emergency water supply (supplementary storage guidance). https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html

[7]Health Canada, Guidance for issuing and rescinding boil water advisories. https://www.canada.ca/en/health-canada/services/publications/healthy-living/guidance-issuing-rescinding-boil-water-advisories-canadian-drinking-water-supplies.html

Build a usable food reserve

Choose non-perishable foods your household already eats and can open and prepare safely. Account for allergies, dietary restrictions and the possibility of no power or safe cooking.[8]

Plan meals, not bulk kilograms



- **Start with three days:** Keep a ready-to-eat, no-cook supply for every household member, with safe drinking water and a manual can opener.



- **Build a seven-day menu:** List actual breakfasts, lunches, dinners and snacks. Include grains, protein foods, vegetables and fruit, and suitable milk or alternatives.



- **Scale the menu:** Repeat it four times and add two days for a 30-day plan. Count portions, package sizes, calories and water needed for preparation.



- **Check energy needs:** A 2,000-kcal adult example totals 60,000 kcal over 30 days; four such adults total 240,000 kcal. These are arithmetic illustrations, not prescriptions for every adult or child.



- **Check preparation:** Dry daal, beans, rice and atta require water and cooking fuel. Balance them with canned beans, ready-to-eat proteins and other no-cook foods.

BUY WHAT YOU WILL USE

Rotate first-in, first-out. Avoid an expensive stockpile that your household cannot eat or prepare. Ask a dietitian about medically restricted diets.

[8]Health Canada, Food and drinking water safety in an emergency. https://www.canada.ca/en/health-canada/services/food-drinking-water-safe-emergency.html

FOOD | MENU WORKSHEET

Choose familiar foods

Use this suggested menu as a planning aid, not a nutritionally complete prescription. Adapt portions and substitutions to each person's needs.

Meal	No cook option	If safe cooking is available
Breakfast	Shelf-stable cereal and single-serve UHT milk	Oats with safe water and suitable milk
Lunch	Canned chickpeas, crackers, canned vegetables	Khichri or daal-chawal
Dinner	Ready-to-eat canned protein, vegetables and bread/crackers	Rice or roti, daal and vegetables
Snacks	Fruit cups, dates, allergy-safe nuts or spreads	Same options

Adapt to your household



Choose halal-certified foods where required, or vegetarian and other culturally familiar alternatives. Include lower-salt or other medically suitable options as needed.



Choose package sizes that can be finished safely. Shelf-stable milk, canned foods and ready meals may require refrigeration after opening; follow their labels.[9]



Keep a manual can opener, utensils, food-safe containers and cleaning supplies. A spare opener is useful, not a fixed requirement.

[9]Health Canada, Food and drinking water safety in an emergency. https://www.canada.ca/en/health-canada/services/food-drinking-water-safe-emergency.html

Food safety during outages

Keep refrigerator and freezer doors closed as much as possible. Use appliance thermometers; the times below are approximate and are not a guarantee that every food remains safe.[10]

Appliance	Temperature / unopened holding time
Refrigerator	Set at or below 4°C; about 4 hours cold during an outage
Full freezer	Set at or below -18°C; about 48 hours frozen
Half-full freezer	About 24 hours frozen



[10]Health Canada, Food and drinking water safety in an emergency. https://www.canada.ca/en/health-canada/services/food-drinking-water-safe-emergency.html

Medicines and first aid



Discuss refill timing, travel/evacuation supply, refrigeration and device power needs with your pharmacist, prescriber and equipment provider. A 30-day supply is a discussion goal, not permission to change dosing or bypass dispensing rules.[11]



- **Records:** Keep medicine names, doses, allergies, health conditions, prescriptions, health-card details and provider contacts in a secure, accessible place.



- **First-aid supplies:** Include adhesive bandages, sterile gauze, tape, gloves, wound cleanser, scissors, a thermometer and an emergency blanket. Take recognized first-aid training.[12]



- **Personal products:** Select over-the-counter medicines only when suitable for the user. Ask a pharmacist about children, pregnancy and health conditions. Use oral rehydration products exactly as labelled.



- **Medical equipment:** Arrange tested backup power and transport. Do not depend on an untested battery for life-sustaining equipment.

DO NOT SELF-PRESCRIBE



- Do not stock or use antibiotics without a prescription for the intended patient and condition. Seek urgent help for serious illness or injury.
- **Potassium iodide** protects the thyroid against radioactive iodine in specific circumstances; it is not a general radiation antidote. Take it only when medical or public-health officials instruct you.[13]

[11]Public Safety Canada, Power outages. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/hazards-emergencies/power-outages/how-prepare.html
[12]Public Safety Canada, Emergency kit checklist. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-kits/get-kit.html
[13]Canadian Nuclear Safety Commission, Potassium iodide (KI) pills. https://www.cnsc-ccsn.gc.ca/eng/resources/educational-resources/feature-articles/potassium-iodide-ki-pills/

Plan for every household member



- **Babies:** If breastfeeding, continue where possible. If formula is needed, ready-to-feed formula is the safest option when water is unsafe. Never dilute formula, make homemade formula, or substitute ordinary powdered milk. Follow safe feeding and storage instructions.[14]



- **Older adults and disability:** Prepare accessible supplies, mobility aids, glasses, hearing-aid batteries, communication aids and a support network. Practise accessible transport and evacuation.[15]



- **Children:** Pack age-appropriate food, nappies/diapers, clothing, a comfort item, activities and caregiver/reunification details. Explain the plan calmly.



- **Pets and service animals:** Plan food, water, medicines, identification, carriers or leads, and suitable accommodation. Confirm destination arrangements.[16]

Culture, faith and language

- Include familiar foods and clearly labelled dietary requirements. Muslim households may wish to pack prayer resources, modest clothing and halal foods; other households should adapt this to their own traditions.
- Prioritize safe drinking water. Seek trusted religious guidance on alternatives for ritual purification during water scarcity. Keep translated emergency phrases and contacts for anyone who needs language support.
- Plan assistance respectfully, with consent, and without discrimination. Ask people what help they need rather than making assumptions.

[14]HealthLink BC, Feeding your baby during an emergency. https://www.healthlinkbc.ca/healthlinkbc-files/feeding-your-baby-during-emergency
[15]Public Safety Canada, Emergency preparedness for persons with disabilities. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-planning-resources/persons-disabilities.html
[16]Public Safety Canada, Emergency kit checklist. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-kits/get-kit.html

SANITATION | PROTECT HEALTH

Hygiene, toilets and waste

Keep soap, safe handwashing water, toilet paper, menstrual products, nappies/diapers, incontinence supplies, wipes, gloves and durable waste bags. Estimate quantities from your household's normal use rather than a universal roll or bag allowance.[17]



Wash hands with soap and safe water after toilet use, waste handling and before food preparation. Gloves do not replace hand hygiene.

If safe sanitation cannot be maintained, ask local authorities about assistance and safe alternatives rather than continuing an unsafe arrangement.

[17]Public Safety Canada, Emergency kit checklist. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-kits/get-kit.html
[18]Island Health, Individual & Neighbourhood All-Hazard Emergency Preparedness Workbook, sanitation section (older regional guidance; local disposal directions prevail). https://www.islandhealth.ca/sites/default/files/2018-10/all-hazards.pdf

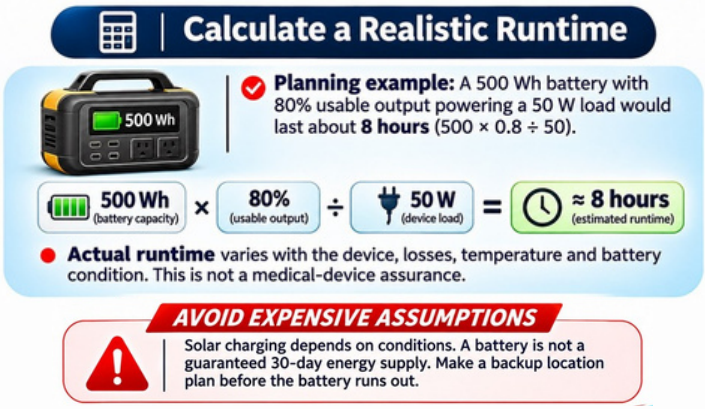
EQUIPMENT | CHOOSE ESSENTIALS FIRST

Light, power and warmth

Prioritize lighting, communications and medically necessary power. Test your equipment before an emergency and follow manufacturer instructions.[19]

Priority	Suggested household provision
Lighting	A flashlight/headlamp for each person who can use one; shared LED lanterns
Communication	Battery or crank AM/FM radio; power banks, cables and spare batteries
Warmth	Seasonal clothing, blankets or sleeping bags for each person
Optional power	Battery power station sized to essential loads; compatible charging
Medical power	Provider-approved backup plus a safe relocation plan

Battery power stations do not produce carbon monoxide, but electrical, battery and fire hazards still apply. Keep them dry, use approved chargers, and follow temperature and ventilation limits.

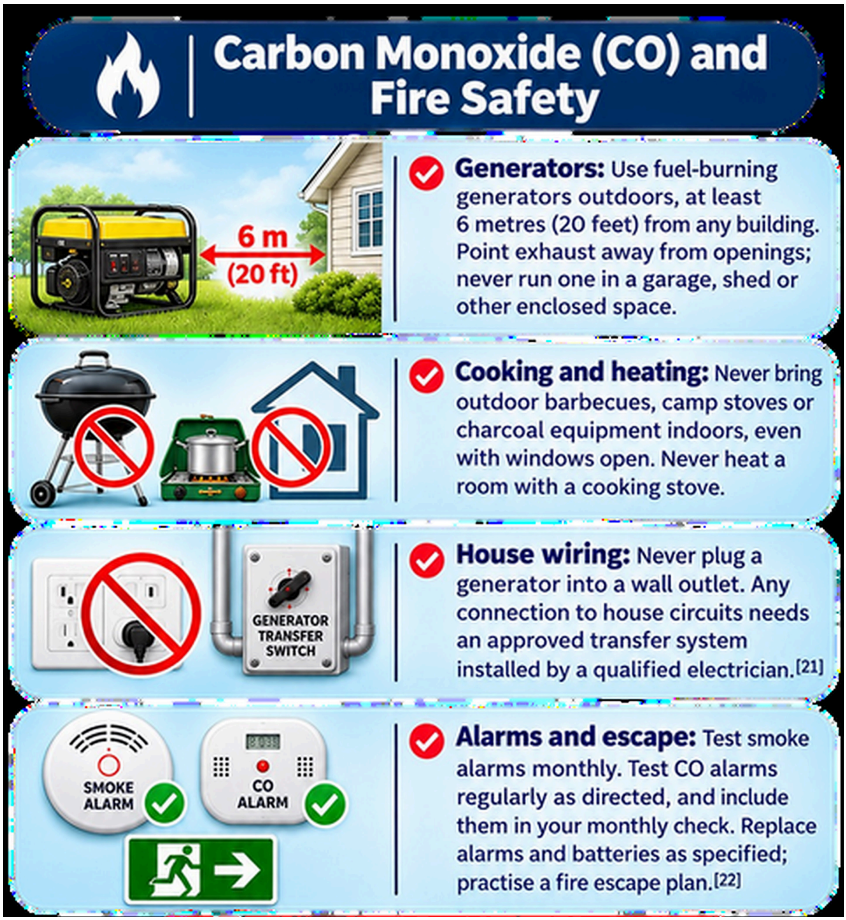


[19]Public Safety Canada, Power outages. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/hazards-emergencies/power-outages/how-prepare.html

SAFETY | NON-NEGOTIABLE RULES

Prevent fire and CO poisoning

Carbon monoxide (CO) cannot be seen, smelled or tasted. Use alarms certified for Canada and install them according to local rules and manufacturer directions.[20]





[20]Health Canada, Carbon monoxide: Preventing exposure. https://www.canada.ca/en/health-canada/services/air-quality/pollutants/carbon-monoxide/preventing-exposure.html
[21]Public Safety Canada, Power outages. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/hazards-emergencies/power-outages/how-prepare.html
[22]Government of Ontario, Fire safety at home. https://www.ontario.ca/page/fire-safety-home

Stay informed and connected



Use more than one way to receive warnings.
A charged phone alone is not a complete emergency communications plan.



Wireless alerts: Check device compatibility with your carrier and keep its software updated. Alert Ready reception depends on a compatible device and cellular connectivity; Wi-Fi alone is not a dependable substitute.[23]



Local information: Record local AM/FM stations, official municipal channels and an out-of-area contact. Sign up for local notification services where available.[24]



Weather updates: Use official weather information and the WeatherCAN app when connected. Environment and Climate Change Canada states that Weatheradio and Hello Weather are no longer in service.[25]

CHECK BEFORE BUYING A RADIO



Choose one that receives local AM/FM broadcasts. A "NOAA" or "weather radio" label does not establish that it receives a Canadian warning service. Test reception where you live.

Local AM/FM station and frequency

Municipal alerts / information

Agree on short check-in messages and fallback arrangements. Keep paper contacts and maps for times when devices or networks are unavailable.

[23]Alert Ready, Wireless device compatibility. https://support.alertready.ca/hc/en-us/articles/4405945993363-I-didn-t-receive-an-alert-how-do-I-know-my-device-is-compatible-to-receive-alerts
[24]Public Safety Canada, Power outages. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/hazards-emergencies/power-outages/how-prepare.html
[25]Environment and Climate Change Canada, Weatheradio service notice. https://www.canada.ca/en/environment-climate-change/services/weatheradio.html

SHELTER | REASSESS DAILY

Know when home is unsafe

A 30-day reserve is useful only while the building and essential services remain safe. Follow the hazard-specific instructions issued by local authorities.[26]



Wildfire smoke and heat

Keep indoor air as clean as possible with appropriate filtration and reduced smoke entry, but do not allow dangerous overheating. During combined smoke and extreme heat, prioritize cooling and seek a cooler, cleaner-air space if needed.[27]

A well-fitting N95 or equivalent respirator can reduce smoke particles when outdoors; it does not protect against smoke gases or CO. It is not a reason to remain near a fire.

FOLLOW THE ACTUAL HAZARD

Evacuation and shelter-in-place are different instructions. If told to shelter indoors, follow that direction; if ordered to evacuate, leave promptly using designated routes.

[26]Public Safety Canada, Power outages. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/hazards-emergencies/power-outages/how-prepare.html
[27]Health Canada, Wildfire smoke with extreme heat. https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/combine-wildfire-smoke-heat/combine-wildfire-smoke-heat.pdf

GRAB-AND-GO | CARRY WHAT YOU CAN

Keep an evacuation kit ready

Prepare portable essentials for at least 72 hours, adapted to each person. Test the actual weight and plan how to move shared supplies; do not delay evacuation while trying to carry your entire reserve.[28]

Pack	Include
Water & Food	Portable drinking water; ready-to-eat food; can opener if needed
Health	Medicines, prescription list, first aid, essential devices and aids
Documents	ID copies, contacts, emergency plan, cash, keys
Light & Communication	Flashlight, radio, phone, charger and power bank
Personal needs	Clothing, blanket, hygiene, infant supplies, comfort items
Animals	Food, water, medicines, lead/carrier and records

For a four-person household, a three-day 4 L/person/day water calculation is 48 L, about 48 kg before containers. This is a total planning figure, not an instruction to carry it all on foot.

PLAN THE WATER GAP

Distribute manageable loads and arrange safe transport or replenishment. Ask local authorities about water at reception sites. Never assume it will be available without checking.

Use designated routes and follow authorities. Tell a trusted contact where you are going when safe; do not return until permitted.

[28]Public Safety Canada, Emergency kit checklist. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-kits/get-kit.html

HOUSEHOLD RESPONSE SEQUENCE

Act, reassess, recover

This sequence is a household planning aid. Official directions and immediate safety always take priority.[29]



[29] Public Safety Canada, Power outages. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/hazards-emergencies/power-outages/how-prepare.html

Build gradually and affordably

Start with items already in your home. Assemble essentials first and add supplies over time; an emergency kit should reflect your household, not a universal shopping list.[30]

Stage	What to do
Start now	Write contacts and meeting points. Check alarms. Identify medicines, flashlights, food and water already available.
First purchases	Close gaps in the 72-hour kit: safe water, no-cook food, first aid, lighting and communication.
Next additions	Build a seven-day rotating pantry, then extend toward 14 or 30 days if feasible. Add hygiene and individualized supplies.
Only if needed	Assess power stations, filtration and larger storage after essential needs and safe use are established.



- **Inventory:** Use page 24 to record what you have, what is missing and when it expires.
- **Coordinate:** Share skills and plans with trusted neighbours; never rely on borrowed life-sustaining equipment without a confirmed backup.
- **Be realistic:** Storage, mobility, budget and access needs may make smaller reserves more practical. Planning and support networks still improve preparedness.

[30]Public Safety Canada, Emergency kit checklist. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-kits/get-kit.html

COSTS | ILLUSTRATIVE CAD ALLOWANCES

Budget without guesswork

These ranges are illustrative planning allowances, not verified current retail prices, minimum spending requirements or a guarantee of a complete kit. Subtract supplies you already own and price your actual list locally.

Category	One Person	Four People
Shelf-stable food	$25-450	$900-1,600
Water & containers	$100-300	$300-800
Hygiene & sanitation	$100-250	$250-600
First aid / medical basics*	$75-200	$150-400
Light / radio / charging / safety	$150-450	$300-900
Bags / bedding / other	$100-250	$200-500
Calculated basic total	$775-1,900	$2,100-4,800
Optional battery / solar	$300=1,500+	$600-2,500+

*Excludes prescriptions. Optional power equipment is excluded from the basic total. Local prices, taxes, delivery, dietary needs and specialist equipment can increase costs.

MAKE IT YOUR BUDGET

Your actual costs may be lower or higher. Prioritize essential gaps and build gradually; there is no single national "30-day kit price".

ROUTINE | REVIEW AND PRACTISE

Maintain your supplies

A kit is only useful if food, water, medicines, batteries and contact information remain usable. Follow product instructions and review whenever your household changes.[31]

When	Actions
Monthly	Test smoke alarms; check CO alarms as directed. Test lights/radio, check charge levels and medicine dates.
Every 3 months	Inspect pantry for leaks, damage and pests. Rotate food and review consumption and supplies.
Every 6 months	Replace self-filled stored water; inspect containers. Review seasonal items and practise communications.
Annually / after changes	Review evacuation, insurance, training, accessibility needs, device plans and all expiry/replacement dates.
After any use	Replenish supplies, recharge devices and update the plan with lessons learned.

Water rotation follows supplementary CDC storage guidance. Alarm testing and replacement must follow manufacturer and local fire-service requirements.[32],[33]

Quick readiness check

Water • No-cook food • Medicines • First aid • Hygiene • Alarms • Lighting • Radio • Charging • Clothing • Documents • Contacts • Accessible transport • Grab-and-go kits

Next household review date _____

[31]Public Safety Canada, Emergency kit checklist. https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-kits/get-kit.html
[32]US CDC, How to create an emergency water supply (supplementary storage guidance). https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html
[33]Government of Ontario, Fire safety at home. https://www.ontario.ca/page/fire-safety-home

WORKSHEET | COMPLETE AND KEEP SECURE

Our household contact plan

Keep one copy with your kit and another with a trusted contact. Share only the personal details necessary for assistance.

Household address

_____

Nearby meeting point

_____

Out-of-neighbourhood meeting point

_____

Out-of-area contact / phone

_____

Support Contact	Phone / help agreed

Evacuation transport / backup

_____

Building manager / utility contact

_____

Local emergency information

_____

Pet / service-animal arrangements

_____

IN IMMEDIATE DANGER

Call 911 or your local emergency number. Record the appropriate local number here if 911 is not available: _____

WORKSHEET | PHARMACIST / CARE-TEAM DISCUSSION

Our care-continuity plan

Complete this with the person receiving care and relevant professionals. This worksheet does not prescribe medicines, quantities or treatment.

Person / emergency contact

_____

Allergies and essential needs

_____

Medicine / device	Supply, storage or power plan

Prescriber / pharmacy and phone

_____

Equipment provider and phone

_____

Backup location / transport

_____

Support person and check-in time

_____

Accessible communication needs

_____

Review / refill date

_____

PLAN BEFORE SERVICES FAIL

Agree on when to seek assistance or move to a care facility. Keep this sheet secure but accessible to authorized helpers.

WORKSHEET | QUANTITIES MATCHED TO NEED

Our inventory and water plan

Use your actual meal plan, water calculation and medical requirements. Photocopy or duplicate this page in Word as needed.

Item	Have	Need	Expiry/review
Water			
No-cook meals			
Pantry foods			
Medicines			
Hygiene			
First-aid			
Lights / radio			
Power / batteries			
Personal needs			

Water calculation

People ____ × days ____ × 4 L = ____ L

Extra for individual needs and pets: ____ L

Safe storage capacity: ____ L

Approved replenishment option _____

Alternative place to stay _____

Inventory checked by / date _____

KEEP THESE REMINDERS CLOSE

Preparedness is a shared responsibility

START SMALL. STAY INFORMED. ACT EARLY.

Prepare at least 72 hours of essentials. Extend your reserve only as practical, and keep an evacuation kit ready.





Follow authorities: Current local instructions take priority over this booklet. Do not delay evacuation because you have stored supplies.



Protect your household: Maintain safe water, food, sanitation, temperature and essential medical care. Reassess daily during an emergency.



Avoid preventable harm: Never use outdoor fuel-burning equipment indoors. Leave immediately if a CO alarm sounds and call emergency services from outside.



Support others: Make plans with people who need assistance, respect privacy and share verified information.

About this edition

Prepared for publication by Humanity First Canada, November 2026. This is general household preparedness education, not individual medical advice, an engineering assessment or a guarantee of safety.

Official guidance was reviewed on 8 November 2026. Page notes provide full source URLs. Canadian authorities are the primary references; WHO contextualizes water needs and US CDC supplements storage guidance. No government or agency endorsement is implied.

The 30-day model, sample menu, budget ranges and worksheets are planning aids. Adapt them to your location, needs and means, and review official guidance before use.

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HUMANITY FIRST CANADA

Practical preparedness. Informed decisions. Care for one another.

Appendix 1

30 Day Kit of Emergency Supplies

Sample List for a Family of 4 & Individuals



To be better prepared for an emergency or disaster situation it is recommended to keep a stock of essential food items (stockpile) to last up to 2 months. The key items to stock consist of food, household basics, sanitary items, basic medicines, first aid as well as items for cooking, lighting, clothing etc.

Use the list as a shopping and inspection checklist. Quantities are illustrative for a 30-day extended reserve; adapt them to ages, medical needs, housing, allergies and local hazards. A stocked home is not a reason to ignore an evacuation order.

72 HOURS

IMPORTANT: The standard Canadian emergency-kit baseline is at least 72 hours. Thirty-day sheltering is a supplementary planning goal, not an assurance that any location will remain safe for 30 days.

30 DAYS

Purpose: prepare to shelter safely for up to 30 days where feasible, while maintaining a portable evacuation kit. This is a voluntary extended-reserve planning model—not a guarantee of safety or an official 30-day government requirement.

Families are advised to adjust the quantities / items and add any other necessary things according to their family size and specific needs.

At a glance

Planning measure	One person / 30 days	Family of four / 30 days
Drinking-only baseline (2 L/day)	60 L	240 L
Enhanced drinking + limited cooking (4 L/day)	120 L	480 L
WHO/Sphere broader emergency domestic benchmark (15 L/day)	450 L	1,800 L
Food energy planning illustration (2,000 kcal/day per adult equivalent)	60,000 kcal	240,000 kcal (adjust ages/needs)
Grab-and-go reserve	72-hour bag	Individual bags + shared supplies

#2. Water: storage, treatment and sanitation



Supply or action	Single	Family of 4
Potable water: 4 L/person/day target	120 L	480 L
Optional higher water reserve if space allows	Work toward 450 L	Work toward 1,800 L
Food-grade, sealed water containers	Several manageable sizes	Several manageable sizes; weight-bearing storage
Portable sealed bottles for evacuation	6–12 L	24–48 L distributed across bags
Certified appropriate filtration / treatment backup	1 system + replacements	1–2 systems + replacements
Handwashing/ sanitation supplies	30-day personal allowance	30-day household allowance



Filter
(purify water)



Treat
(e.g., tablets)



Store Safely
(food-grade, sealed containers)



Maintain Sanitation
(soap, towels, etc.)

#3. Shelf-stable food: 30-day purchasing checklist



Food category	One person	Family of four	Notes
Atta / whole-wheat flour	5–7 kg	20–28 kg	Rotis only if safe cooking available
Rice / basmati	4–6 kg	16–24 kg	Rotate stock
Daal / chickpeas / beans, dry	3–4 kg	12–16 kg	Soak/cook only with safe water and energy
Pasta / oats / shelf-stable cereals	2–3 kg	8–12 kg	Include quick-cooking options
Shelf-stable canned halal meat/ fish/ beans	15–25 cans	60–100 cans	Check halal certification; fish per preference
Canned vegetables / fruit	20–30 cans	80–120 cans	Choose low-salt where possible
Cooking oil / ghee	2–3 L	8–12 L	Energy dense; consider dietary needs
Nuts, seeds, peanut butter	2–3 kg	8–12 kg	Allergy-safe substitutes
Dried fruit / dates	1–2 kg	4–8 kg	Optional; good no-cook food
Powdered or shelf-stable milk	1–2 kg powder equiv.	4–8 kg powder equiv.	Use safe water; check age needs
Ready-to-eat crackers / hardtack / bars	3–5 kg	12–20 kg	No refrigeration needed
Salt, spices, tea, sugar, halal broth	As needed	As needed	Small reserve; health considerations

#4. Medical, first aid and family-specific care



Category	30-day planning allowance
Prescription medicines	Discuss continuity supply, refill timing and cold-chain needs with pharmacist/ prescriber; do not alter dosing.
First-aid kit	Bandages, sterile gauze, medical tape, gloves, antiseptic wound cleanser, thermometer, scissors, burn dressings, emergency blanket.
Bleeding emergency	Commercial bleeding-control kit where appropriate; obtain recognized hands-on training before relying on tourniquets/ hemostatic dressings.
Over-the-counter medicines (Pain killers, Anti-Allergy, Anti-Vomiting, Anti-Diarrheal, Anti-Septic Cream)	Only individually suitable, labelled products; confirm child-safe options with pharmacist.
Oral rehydration	Commercial ORS packets; follow packaging and medical advice.
Health records	Medication list, allergies, conditions, emergency contacts, health cards, copies of prescriptions.
Mobility / medical devices	30-day consumables, batteries, charging plan and evacuation support; consult equipment provider.

5. Hygiene, emergency toilet and waste



Item	One person	Family of four
Toilet paper	8–12 rolls	24–40 rolls
Soap / hand cleanser	4–6 bars or equivalent	12–20 bars or equivalent
Hand sanitizer Wet Wipes	0.5–1 L	2–3 L
Heavy-duty waste bags	30–60	100–180
Lidded emergency toilet / bucket with seat	1	1–2
Absorbent material / purpose-made sanitation medium	30-day allowance	30-day household allowance
Disposable gloves	1 box	2 boxes
Menstrual products, diapers, incontinence supplies	Personalized	Personalized
Toothbrushes, toothpaste, wipes, detergents (Laundry. Dishwasher)	30-day supply	30-day supply

6. Power, light, communications, safe shelter& other



Item	One person	Family of four
Rechargeable LED lanterns	2	3–4
Headlamps / flashlights	1–2	4
Power banks + cables	1–2	2–4
Weather-capable battery/ hand-crank radio Walkie Talkies	1	1–2
LiFePO4 power station (optional)	Sized to essential loads	Sized to essential loads / medical needs
Solar charging (optional)	Compatible panel	Compatible panels
Certified smoke and CO alarms	As required by home layout	As required by home layout
Fire extinguisher / fire blanket	Appropriate household units	Appropriate household units
Warm bedding, layered clothing, blankets	Personal set	Each person + spare
Propane Stove & Gas Cylinders Charcoal and Lighter fluid	1	2 or as needed
Batteries	As required	As required
Candles and Match Boxes	As required	As required
Paper Plates, Cups, Utensils	As required	As required
Plastic tapes, ties, ropes	As required	As required
Breathing Masks (N95)	As required	As required

7. Children, seniors, disability and household needs



Children

Age-appropriate food, formula/ feeding supplies, diapers, comfort item, books, warm clothing, caregiver contact and reunification plan.



Older adults

Accessible supplies, mobility aids, glasses/hearing-aid batteries, medications, easy-open foods, fall prevention and a check-in buddy.



Disability

Written personal assistance plan, backup communication, accessible evacuation and transport arrangements.



Pets

30 days of food/medicines if feasible and an evacuation carrier.

8. Household action plan: before, during, after



BEFORE:



- Identify local hazards (winter storm, flood, wildfire smoke, power failure);
- register for alerts;
- choose two meeting points;
- list contacts;
- check smoke/CO alarms;
- plan medical and accessibility needs;
- inventory supplies;
- photograph important documents;
- learn utility shut-offs only from qualified instructions.

FIRST 24 HOURS:



- Assess immediate danger;
- follow emergency authorities;
- communicate status;
- fill safe containers only if water remains potable;
- preserve phone power;
- keep refrigerator/freezer closed;
- avoid floodwater and downed lines.

DAYS 2–7:



- Use first-expiring food;
- monitor water and sanitation;
- check vulnerable neighbours where safe;
- log consumption;
- maintain clean preparation surfaces;
- keep emergency bags ready.

DAYS 8–30:



- Reassess whether remaining at home is safe each day;
- monitor heat, air, water, medicine and waste;
- follow public-health notices;
- relocate if essential services fail.

EVACUATION:



- Never stay because supplies are stored.
- Take portable 72-hour kits, medicines, ID, phones, chargers, essential mobility aids and children's necessities.
- Follow designated routes and official directions.

9. Inventory, maintenance and purchase schedule



Frequency	Actions
Monthly	Check alerts/contact list, flashlight/radio charging, medicine dates, household changes
Every 3 months	Inspect food pests/damage; rotate pantry; check batteries and alarms
Every 6 months	Rotate self-filled stored tap water; inspect containers; rehearse family communication
Annually	Review evacuation route, insurance, training, equipment, seasonal clothing and all expiry dates

10. Canadian-dollar budget (illustrative, not live quotations)

Cost category	One person CAD	Family of four CAD
Water storage & treatment	$60 – $150	$200 – $400
Shelf-stable food (30 days)	$150 – $300	$450 – $900
Medical & first aid	$50 – $150	$150 – $300
Hygiene & sanitation	$30 – $80	$100 – $250
Power, light & communications	$80 – $250	$250 – $700
Shelter & seasonal supplies (blankets, clothing, etc.)	$50 – $150	$200 – $400
Special needs (children, seniors, disability, pets)	$20 – $100	$60 – $300
Estimated total (planning range)	**$440 – $1,180**	**$1,410 – $3,250**

These are broad budgeting allowances for Canada, not verified current store prices.

 # PUBLICATION NOTE — This booklet is for general emergency preparedness education. Confirm local guidance and product instructions, particularly for water disinfection, medical needs, heating, power systems and sanitation. Costs are planning estimates rather than supplier quotations.

Printable Personal Checklist

- ☐  Drinking water and safe storage
- ☐  Food calories and dietary needs checked
- ☐  Manual can openers
- ☐  No-cook foods
- ☐  Medicines and health records
- ☐  First aid and training
- ☐  Emergency toilet and hygiene
- ☐  Baby/senior/disability supplies
- ☐  Smoke and CO alarms
- ☐  Radio and charged lights
- ☐  Power banks
- ☐  Warm clothing
- ☐  72-hour evacuation bags
- ☐  Emergency contacts and meeting points
- ☐  Cash and document copies
- ☐  Alerts enabled

 **Review date:** _____

IMPORTANT

PROTECT YOUR IMPORTANT DOCUMENTS, CASH AND VALUABLES IN A SAFE PACKAGE:

- Family documents (birth, marriage, death certificates)
- Savings books, account agreements, shares, bonds, insurance policies
- Pension and income statements, income tax returns
- Evidence of qualifications: certificates (school certificates, university certificates, certificates of additional qualifications)
- Contracts and amendment agreements, e.g. including rent agreements, lease agreements etc.
- Will, living will and power of attorney
- ID, passport, driving license and vehicle documents
- Land registry excerpts
- Insurance documents
- Cash and other valuables
- Any other important documents



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