



Are You Ready? – Be Prepared



Emergency Food and Equipment		
<input type="checkbox"/>	Drinking water: at least 1 to 2 litres per person per day for three days	10 points
<input type="checkbox"/>	Canned food: soups, stews, baked beans, meat, poultry, fish, vegetables, fruits	2 points
<input type="checkbox"/>	Crackers and biscuits	2 points
<input type="checkbox"/>	Honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee, tea	2 points
<input type="checkbox"/>	Knives, forks, spoons, disposable cups and plates	2 points
<input type="checkbox"/>	Manual can opener, bottle opener	5 points
<input type="checkbox"/>	Fuel stove and fuel	5 points
<input type="checkbox"/>	Plastic garbage bags	2 points
Sub-Total		

Emergency Survival Kit		
<input type="checkbox"/>	Winter survival kit for car	1 point
<input type="checkbox"/>	Smoke detector, carbon monoxide (CO) detector	2 points
<input type="checkbox"/>	Alternate source of heat/fuel	2 points
<input type="checkbox"/>	Flashlight and batteries or crank/solar powered	5 points
<input type="checkbox"/>	AM/FM Radio with batteries or crank/solar powered	5 points
<input type="checkbox"/>	Candles and matches/lighter	5 points
<input type="checkbox"/>	Extra car keys and cash (including coins for telephone)	2 points
<input type="checkbox"/>	Important papers (identification and personal documents)	2 points
<input type="checkbox"/>	Clothing and footwear (one change of clothes per person)	2 points
<input type="checkbox"/>	A first aid kit	8 points
<input type="checkbox"/>	Blankets or sleeping bag per person	5 points
<input type="checkbox"/>	Toilet paper and other personal hygiene items	5 points
<input type="checkbox"/>	Prescription medication (keep at least a one week supply of medication in emergency kit and/or copies of prescriptions for medicine and eye glasses)	5 points
<input type="checkbox"/>	Special needs items, e.g. diapers, bottled milk, special dietary food	1 point
<input type="checkbox"/>	Wheeled bag/container to carry the emergency kit	5 points
<input type="checkbox"/>	Whistle	2 points
<input type="checkbox"/>	Playing cards, games	2 points
Sub-Total		

Miscellaneous		
<input type="checkbox"/>	Evacuation Plan	2 points
<input type="checkbox"/>	Emergency Telephone List	2 points
<input type="checkbox"/>	Family Reunification Plan	2 points
<input type="checkbox"/>	Alternate meeting place in case of emergency	2 points
<input type="checkbox"/>	Emergency Pet Kit	2 points
	Sub-Total	

Total: _____

Scoring

If you scored over 90 points:

Your level of personal preparedness is excellent! Consider helping your neighbours, friends and family to become prepared.



If you scored 75-90 points:

You are only missing a few supplies; don't forget to add them when you return home.

If you scored 50-75 points:

Continue to prepare yourself; you already have some of the supplies. Get together with friends and family and make it a fun activity!

If you scored under 50 points:

Start preparing yourself; you never know when you will need these supplies. Get one or two things a week until you are prepared.