



PORT HARDY EMERGENCY PROGRAM GRAB & GO CAR KIT

This emergency kit should be stored in your vehicle so it is available to you in the eventuality of being stranded where you need either, to stay put or walk some distance to ensure your safety. Items contained in this kit should provide for basic survival, warmth, safety, as well as food and water. The following list should be modified to fit your personal needs and situation.

- Batteries - for flashlight and for radio (keep separate from flashlight and radio)
- Candle - triple wick survival in a can
- Clothing - warm change of clothes
- Dust mask
- Eye glasses - spare pair if required
- First Aid Kit - basic (make sure it includes *at least* 2 pair latex gloves)
- Flashlight
- Foil survival blanket
- Food supplies for three days i.e. survival food bars, freeze dried foods etc. (*Do not use diet food supplements*)
- Garbage bag - 1 large orange or green
- Gloves - 1 pair of leather palmed
- Hygiene kit (soap, toothpaste, toothbrush, deodorant, sunscreen, hand cream)
- Knife - pocket type
- Light Sticks - 2 red, 2 yellow
- Marker - heavy black felt
- Matches - waterproof
- Medications - (please check with pharmacist to determine if meds can be stored in the pack)
- Nylon rope - 100 feet
- Radio - small battery powered am/fm
- Rain poncho - plastic or rain gear
- Safety Vest - reflective
- Tissues - Kleenex or toilet tissue
- Water packs (5 year): 4 - 4oz packets per day, for 3 days (12 packets total)
- Water purification tablets
- Whistle
- Zip lock bags - 2 large size

Put all of the above in a backpack style bag for hands free carrying.