FAMILY EMERGENCY PREPAREDNESS

PRINTABLE SHOPPING CHECKLIST | CANADA

Household: 2 adults + 2 children (adjust as needed)	**Target:** 3, 7 or 30 days
Store / trip: _____	**Date:** _____

How to use this list: Start with the 3-day essentials, then add the 7-day and 30-day items. The longer-duration lists are cumulative—don't buy duplicate quantities if you already have enough. Tick items as you shop and write in quantities that suit your family.

WATER PLANNING TARGET

3 days: 48 L **7 days:** 112 L **30 days:** 480 L

Based on 4 L per person per day for four people. This is a planning allowance for drinking and basic food preparation/hygiene, not a guarantee for every situation. Store what is practical; plan safe replenishment and treatment for longer periods.

WATER & STORAGE

- ■ Bottled drinking water (48 L minimum for 3 days)
- ■ Food-grade water containers with tight lids
- ■ Smaller bottles children can handle
- ■ Clean water collection containers
- ■ Water filter suitable for the intended source
- ■ Water purification tablets / approved treatment supplies
- ■ Water storage labels and marker

FOOD — FIRST 3 DAYS

- ■ Canned soup, stew or chili
- ■ Canned tuna, chicken or other protein
- ■ Peanut butter or other shelf-stable spread
- ■ Crackers, cereal and oatmeal
- ■ Rice, pasta and shelf-stable sauce
- ■ Granola / protein bars
- ■ Dried fruit, nuts and family snacks
- ■ Juice boxes or shelf-stable drinks
- ■ Manual can opener

FIRST AID & MEDICATION

- ■ First aid kit (bandages, gauze, tape)
- ■ Antiseptic wound cleanser
- ■ Disposable gloves
- ■ Thermometer
- ■ Pain / fever medication suitable for each person
- ■ Antihistamine, if appropriate
- ■ Prescription medication reserve, where permitted
- ■ Copies of prescriptions and medical information
- ■ Spare glasses / contact lens supplies

LIGHTING & COMMUNICATIONS

- ■ Flashlights or headlamps
- ■ Battery-powered lantern
- ■ Extra batteries
- ■ Battery / hand-crank emergency radio
- ■ Power banks (charged)
- ■ Charging cables for family devices
- ■ Whistle
- ■ Printed emergency contacts and local map

BUILD UP TO 7 DAYS

Add these supplies to your 3-day kit. Check your pantry before shopping.

FOOD — ADDITIONAL WEEKLY STOCK

- ■ Extra canned meat, fish, beans or lentils
- ■ Canned vegetables and fruit
- ■ Additional soup, stew and chili
- ■ Rice and pasta
- ■ Instant potatoes
- ■ Shelf-stable / powdered milk
- ■ Pancake mix and breakfast foods
- ■ Cooking oil, flour, sugar and salt
- ■ Soup stock, spices and condiments
- ■ Coffee, tea and comfort foods
- ■ Additional snacks for children
- ■ Foods that need no cooking

COOKING & FOOD SAFETY

- ■ Outdoor-use camping stove / approved cooker
- ■ Correct fuel for the appliance
- ■ Spare lighter and waterproof matches
- ■ Cooking pot and frying pan
- ■ Reusable plates, cups and utensils
- ■ Dishwashing basin and soap
- ■ Food thermometer
- ■ Cooler and ice packs, if useful

POWER & CHARGING

- ■ High-capacity power bank(s)
- ■ Portable power station, if suitable
- ■ Compatible solar charging panel
- ■ Rechargeable batteries
- ■ Battery charger
- ■ Extra USB / device charging cables
- ■ Low-power LED lights

WARMTH & WINTER

- ■ Warm blankets for everyone
- ■ Insulated sleeping bags
- ■ Thermal base layers
- ■ Extra hats, mittens and socks
- ■ Hand / foot warmers
- ■ Weather stripping / window film
- ■ Carbon monoxide detector batteries
- ■ Smoke alarm batteries

HYGIENE & SANITATION

- ■ Toilet paper and paper towels
- ■ Wet wipes
- ■ Hand sanitizer and hand soap
- ■ Toothpaste and toothbrushes
- ■ Menstrual / personal hygiene products
- ■ Garbage bags and zip-top bags
- ■ Disinfectant and cleaning supplies
- ■ Laundry detergent
- ■ Disposable gloves

FAMILY COMFORT & DOCUMENTS

- ■ Board games, cards, books and puzzles
- ■ Colouring / activity supplies
- ■ Downloaded entertainment for offline use
- ■ Copies of identification and insurance details
- ■ Cash in small denominations
- ■ Spare house / vehicle keys
- ■ Emergency contact list
- ■ Secure backup of important documents

7-DAY CHECK

■ Water supply reaches 112 L ■ Food covers 7 days ■ Safe cooking plan ■ Backup lighting / charging ■ Winter warmth plan

BUILD TOWARDS 30 DAYS

A 30-day plan is about a rotating pantry, safe water replenishment and realistic household resilience.

FOOD — LONGER-TERM PANTRY

- ■ Rice, pasta, oats and other staple grains
- ■ Dried beans and lentils
- ■ Canned meat, fish and plant proteins
- ■ Canned vegetables and fruit
- ■ Peanut butter, nuts and seeds
- ■ Shelf-stable milk and suitable alternatives
- ■ Dehydrated foods / vegetables
- ■ Flour, baking mix and instant potatoes
- ■ Cooking oil, salt, sugar and honey
- ■ Soup stock, spices and condiments
- ■ Coffee, tea and familiar comfort foods
- ■ Allergy-safe and special-diet foods

WATER — LONG-TERM PLAN

- ■ Practical reserve of sealed drinking water
- ■ Additional food-grade storage containers
- ■ Water filter appropriate to source and contaminants
- ■ Backup water treatment supplies
- ■ Clean collection and transfer containers
- ■ Plan for safe alternative water source
- ■ Well pump backup plan, if applicable
- ■ Knowledge of local water advisories

POWER, HEATING & SAFETY

- ■ Portable power station / backup batteries
- ■ Compatible solar panels
- ■ Generator, if appropriate for the home
- ■ Professionally installed transfer equipment, if needed
- ■ Fuel storage compliant with local safety rules
- ■ Approved alternative heat source, if applicable
- ■ Fuel for approved appliance, stored safely
- ■ Working smoke and CO alarms
- ■ Fire extinguisher
- ■ Plan to relocate if home becomes unsafe

MEDICAL & SANITATION

- ■ Appropriate medication reserve / refill plan
- ■ First aid kit replenishment supplies
- ■ Medical device backup power / supplies
- ■ Dental and personal care supplies
- ■ Masks and disposable gloves
- ■ Heavy-duty garbage / contractor bags
- ■ Emergency sanitation solution
- ■ Disinfectant and cleaning supplies
- ■ Safe waste containment / disposal plan

HOME REPAIR & PRACTICAL TOOLS

- ■ Basic tool kit and multi-tool
- ■ Duct tape and electrical tape
- ■ Work gloves
- ■ Tarpaulin and plastic sheeting
- ■ Rope / cordage
- ■ Basic plumbing repair supplies
- ■ Assorted screws and fasteners
- ■ Scissors, utility knife and notepad
- ■ Spare fuses, where applicable

PETS & SPECIAL HOUSEHOLD NEEDS

- ■ Pet food and water
- ■ Pet medications and veterinary records
- ■ Leash, carrier and waste bags / litter
- ■ Baby / child-specific supplies, if needed
- ■ Accessibility and mobility supplies
- ■ Special dietary foods
- ■ Backup supplies for essential medical devices

30-DAY CHECK

■ Food plan covers 30 days ■ Water storage / replenishment plan ■ Heating and power plan ■ Sanitation plan ■ Medical and pet needs covered

VEHICLE & FAMILY READINESS

Keep a separate kit in each vehicle. Tailor it to the season and your travel habits.

VEHICLE EMERGENCY KIT

- ■ Warm blanket or sleeping bag
- ■ Warm jacket, gloves, hat, socks and boots
- ■ Water and non-perishable snacks
- ■ Flashlight and spare batteries
- ■ Phone charger / power bank
- ■ Jumper cables or jump starter
- ■ Small shovel
- ■ Ice scraper and snow brush
- ■ Traction material (sand / suitable product)
- ■ First aid kit
- ■ Reflective safety triangles
- ■ Work gloves
- ■ Seatbelt cutter / window breaker
- ■ Winter-rated windshield washer fluid
- ■ Roadside assistance details

FAMILY EMERGENCY PLAN

- ■ Choose a meeting place near home
- ■ Choose a meeting place outside neighbourhood
- ■ Pick an out-of-area contact
- ■ Agree on child pickup / reunification plan
- ■ Print contact numbers and addresses
- ■ Know evacuation routes and local alerts
- ■ Know safe utility shut-off procedures
- ■ Show family where emergency kits are kept
- ■ Include pets in evacuation arrangements

QUICK SHOPPING NOTES

Item / quantity	Store / price / notes

IMPORTANT SAFETY NOTES

Never use a generator, barbecue, charcoal grill or camping stove indoors, in a garage, or in another enclosed space. Carbon monoxide can be deadly. Use fuel-burning equipment outdoors and exactly as directed by its manufacturer. Never connect a generator to home wiring without approved transfer equipment installed by a qualified electrician. Treat water according to the specific contamination risk and public-health instructions. Evacuate when authorities direct you to do so.

Canadian resources: Government of Canada – Get Prepared | Ontario emergency preparedness | Canadian Red Cross

Quantities are planning suggestions for a family of four, not a one-size-fits-all prescription. Adjust for ages, health needs, climate, pets, dietary requirements and local hazards. Rotate food and supplies, check expiry dates, and follow current local emergency and public-health guidance.