



## Severe Weather Emergency Supplies

Creating a home emergency kit does not need to be difficult. Start with the basics and enhance it over time. Over the years, Bowen Island has experienced power outages that last as long as a week or more. If an earthquake happened or if power was out for more than a week would you be able to stay in your home? Here is a rudimentary list of supplies that could help you 'shelter in place'.

For severe weather events make sure you have enough of these supplies to last one week. In the event of an earthquake you should have enough for at least two weeks.

- **Food:** If you do not have an alternative cooking source, it should be non-perishable, i.e., freeze dried, canned or ready to eat. For those who **do not have nut allergies**, peanut butter is an excellent source of protein.
- **Water:** If you have a well, your electric well pump may not work. You should have at least 4 litres of drinkable water per person, per day. Try to use non-plastic containers for drinking water. Water for personal hygiene and toilet flushing can be stored in bath tubs or large plastic containers. Alternative sources of drinkable water are your pressure tank or hot water tank
- **AM/FM radio:** battery and/or hand crank/ and/or solar powered. Remember, you use the radio in your vehicle if you don't have an inside radio.
- **Flashlights** and batteries: at least one per person in the household
- **Candles or oil lamps**
- **Matches or lighters**
- **Seasonal clothing:** wool, fleece, toque, rain gear, waterproof boots or shoes
- **Blankets or sleeping bags** for everyone
- **Cell phone charger**
- **Personal hygiene supplies**
- **First Aid Kit**
- **Whistle or air horn**
- **Medications**
- **Garbage bags and moist towelettes**
- **Pet supplies:** food, cat litter, treats, medications, etc.