**DISASTER/EMERGENCY SUPPLIES AND RESOURCES**

**Disclaimer:**

This template/document/framework is not intended to be comprehensive or exhaustive - rather, it seeks to provide a framework, be a reference, stimulate discussions, generate ideas, and facilitate further analysis to encourage additional exploration, research and/or policy development for your organization or group.

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**Preamble:**

This resource document has been created for the purpose of helping you prepare for a disaster or emergency. This document will help you determine what it is that you need to both shelter at home and have on hand in case of an emergency. It’s always important to ensure your supplies is not expired and accounts for the current season.

**DISASTER/EMERGENCY SUPPLIES AND RESOURCES**

**Source:**

www.alberta.ca/build-an-emergency-kit.aspx

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| **Items** | **Sheltering at Home****(minimum 14 days)** | **Emergency Kit****(minimum 72 hours)** |
| **Food** | * Canned goods like beans, soup, and pasta
* Dry pasta, beans, rice, or other grain
* Frozen foods such as fruit, vegetables, meat, and meat alternatives
 | * Snacks like granola or energy bars, dried fruit, or trail mix
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| **Water and Liquids (4 litres, per person, per day)** | * Minimum 72-hour supply of water and electrolytes
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| **Medical Supplies** | * Adequate supply of any prescription drugs, such as heart medication, insulin for people with diabetes, and inhalers for people with asthma
* Over-the-counter medications such as pain relievers, cold medications, digestive aids, and anti-nausea
* Essential medical equipment with backup power
* Back-up pair of glasses and/or extra contact lenses and solution
 |
| **Critical Records** | * Have a copy of all personal documents in a protective, sealable bag
* Include identification, birth certificates, passports, citizenship papers, Social Insurance Numbers, emergency contact list, critical medical records, and prescriptions
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| **First Aid Kit** | * Gauze, bandages, tape, and antibacterial ointment
* Antiseptic wipes and protective gloves
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| **Sanitation Supplies** | * Hand sanitizer and wipes
* Non-medical masks
* Soaps and household cleaning supplies
* Personal hygiene products
* Trash bags
* Tissues, toilet paper, and paper towels
 | * Portable cleaning wipes, non-medical masks, hand sanitizer, and trash bags
* First Aid Kit
 |
| Other Items | * Enough emergency cash to cover up to 2 weeks of incidental expenses, if possible
* Battery-powered or crank radio and flashlight, candles and matches or a lighter
* Vitamins and supplements
* Space heaters and extra blankets
* Essential tools like a can opener or a multi-tool
* Extra batteries for household items and medical equipment
* Entertainment, such as board games, movies, podcasts and books
 | * Enough emergency cash to cover up to 72 hours of incidental expenses, if possible
* A multi-tool
* Books and portable toys and games
* Electronics with a vehicle charger
* Extra blankets
* Battery-powered or crank radio and flashlight, candles and matches or a lighter
 |

There are also a number of items you may need to include depending on your specific needs. (Examples:pregnancy/breastfeeding, mobility, allergies and chronic conditions, etc.)

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| **Special Consideration** | **Items to Include** |
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While it is important to ensure you have items on hand to account for your physical safety, it is also important to provide for your emotional safety. Ensure these items are also easily accessible.

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| **Personal Items**  |
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It’s a good idea to keep a list of emergency contacts—including neighbours—who you could contact to receive assistance or information during a disaster or emergency.

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| **#** | **Contact** |  | **Note(s)** |
| 1 | Emergency Services | Ambulance:Fire:Hospital: |  |
| 2 | Personal Contact 1 - (First Name, Last Name) |  |  |
| 3 | Personal Contact 2 - (First Name, Last Name) |  |  |
| 4 | Utility Company 1 - (Name) |  | Primary account holder:Account number:  |
| 5 | Utility Company 2 - (Name) |  | Primary account holder:Account number: |
| 6 | Utility Company 3 - (Name) |  | Primary account holder:Account number: |
| 7 | Local Talk Radio Station (Name) |  |  |
| 8 | City/Town Twitter Account |  |  |
| 9 | City/Town Facebook Account |  |  |
| 10 | Other Social Media Account 1 |  |  |
| 11 | Other Social Media Account 2 |  |  |

**References**

  *Build an emergency kit.* Government of Alberta. Retrieved on September 1, 2021, from https://www.alberta.ca/build-an-emergency-kit.aspx