



Township of Black-River Matheson

Emergency Survival Checklist

- Flashlight and batteries
- Radio and batteries or crank radio
- Spare batteries (for radio or flashlight)
- First-aid kit
- Candles, matches and/or lighter
- Extra car keys and cash
- Important papers (identification)
- Food and bottled water
- Clothing and footwear
- Blankets or sleeping bags
- Toilet paper and other personal items
- Medication
- Backpack/duffel bag (to hold all the emergency survival kit items)
- Whistle (to attract attention, if needed)



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Emergency Survival Checklist **For your Pet**

- Food, water, bowls, manual can opener and spoon
- Up-to-date ID Tag
- Current photo of you and your pet
- Emergency contact list of pet friendly hotels/motels outside your area, friends, relatives and your veterinarian
- Copies of medical records/vaccinations
- Information on feeding schedule, medical and/or behavioral problems
- Medications and first aid kit
- Familiar bedding, small toy and brush
- Leash, collar or harness and muzzle (dogs)
- Litter/pan and scooper (cats) or poop n' scoop bags (dogs)
- Carrier large enough to transport and house your pet

If it's too dangerous for you to stay, it's too dangerous for your pet to stay



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Emergency Survival Checklist **Additional Items for People with a Disability**

- Tire patch kit
- Can of seal-in-air product (to repair flat tires on your wheelchair or scooter)
- Supply of inner tubes
- Pair of heavy gloves (to protect your hands while wheeling or making way over glass or other sharp debris)
- Latex-free gloves (for anyone providing personal care to you)
- Spare deep-cycle battery for motorized wheelchair or scooter
- A lightweight manual wheelchair for backup to a motorized wheelchair (if feasible)
- Spare catheters (if applicable)
- An emergency back-up plan that will ensure any life sustaining equipment/apparatus is operable in the event of a power outage
- Any other contingency supplies unique to your special needs
- Personal alarm that emits a loud noise to draw attention to your whereabouts
- Supply of food items appropriate to your dietary restrictions
- Supply of medications and assistive devices appropriate to your disability
- Supply of plastic bags for storing garbage/personal waste
- Names and contact information of your neighbours, superintendent and property/building manager
- Laminated copy of your building's evacuation plan and diagram of escape routes and location of emergency doors/exits on each floor
- Any other contingency supplies unique to your special needs



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Emergency Survival Checklist **Additional Items for People with a Hearing Disability**

- Extra writing pads and pencils for communication
- Flashlight, whistle or noisemaker
- Pre-printed key phrases you would use during an emergency
- Assistive devices-unique to your needs (ex: hearing aid, pager, personal amplifier, etc.)
- Portable visual notification devices that allows you to know if a person is knocking on the door, ringing the doorbell, or calling on the telephone
- Extra batteries for assistive devices
- A CommuniCARD (produced by The Canadian Hearing Society) that explains your hearing loss and also helps identify how rescuers or assisters can communicate with you during an emergency
- Any other contingency supplies unique to your special needs



Emergency Management Ontario



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Emergency Survival Checklist **Additional Items for People with a Vision Disability**

- Extra white cane, preferably a cane that is longer in length
- Talking or braille clock
- Large-print timepiece with extra batteries
- Extra vision aids such as an electronic travel aid, monocular, binocular or magnifier
- Extra pair of prescription glasses-if you wear them
- Any reading devices/assistive technology to access information/portable CCTV devices
- Any other contingency supplies unique to your special needs



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Emergency Survival Checklist **Additional Items for Seniors with Special Needs**

- Supply of food items appropriate to your disability or dietary restrictions
- Assistive devices needed such as canes, walkers, lightweight manual wheelchair, hearing aids, breathing apparatus, blood glucose monitoring device, etc.
- Prescription eyewear and footwear (if required)
- Extra supply of medications and vitamin supplements
- Personal disability-related list of all your needed medical supplies and special equipment
- Copies of all medication prescriptions
- Extra dentures (if required) and cleaner
- Latex-free gloves (to give to anyone providing personal care to you)
- Any other contingency supplies unique to your special needs



Emergency Management Ontario



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Emergency Survival Checklist **Additional Items for People with Non-Visible Disabilities**

- Supply of food items appropriate to your disability or dietary restrictions
- List of instructions that you can easily follow in an emergency
- Personal list and minimum three days' supply of all needed medications, medical supplies, and special equipment (e.g. ventilator for asthma, nitrolingual spray for heart condition, epinephrine pen against allergic reaction/anaphylactic shock etc.)
- Detailed list of all prescription medications
- MedicAlert Identification
- Any other contingency supplies unique to your special needs

FOR EXAMPLE: PEOPLE WITH DIABETES

- Extra supply of insulin or oral agent
- Extra supply of syringes, needles and insulin pens (if used)
- Small container for storing used syringes/needles (if applicable)
- Blood glucose testing kit, spare batteries and record book
- Supply of blood glucose and urine ketone testing strips
- Fast-acting insulin for high blood glucose (if applicable)
- Fast-acting sugar for low blood glucose
- Extra food to cover delayed meals
- Ice packs and thermal bag to store insulin (if applicable)



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