

# Ready Supply Kit Checklist

Evidence-informed checklist combining Canadian and international best practices (Alberta edition)

## Alberta Context Statement

Alberta experiences extreme seasonal variability including severe winter cold, wildfires, flooding, extreme heat, and rural isolation. Preparedness planning should reflect both geographic realities and seasonal risk. This checklist integrates guidance from Public Safety Canada, Alberta Emergency Management Agency, Canadian Red Cross, FEMA Ready.gov, and WHO preparedness standards.

## Core 72-Hour Supplies

- Water (4 litres per person per day, minimum 3 days)
- Non-perishable food (minimum 3 days)
- Manual can opener
- Flashlight and spare batteries
- Battery-powered or crank radio
- First aid kit
- Multi-tool or toolkit
- Emergency blankets
- Personal hygiene supplies
- Whistle
- Dust masks (N95 recommended)

## Medical & Medication Preparedness

- Minimum 7-day supply of prescription medications
- Medication list (name, dosage, prescribing physician)
- Copies of prescriptions
- Primary care doctor contact information
- Specialist contact information
- Pharmacy contact information
- List of allergies and medical conditions
- Medical insurance information
- Glasses/contacts and supplies
- Medical devices and chargers

## Critical Documents

- Government-issued ID copies
- Health cards
- Insurance policies
- Property/lease documents
- Emergency contact list

- USB drive with encrypted digital copies

### Financial Preparedness

- Emergency cash (small denominations)
- Bank account information (secured record)
- List of recurring bills
- Insurance claim contact numbers
- Home inventory (photos and serial numbers)
- Proof of ownership documents

### Seasonal Adjustments (Important in Alberta)

- Winter: insulated clothing, winter sleeping bag, traction aids, extra fuel
- Wildfire season: N95 masks, air purifier filters, go-bag pre-packed
- Flood season: waterproof containers, sandbag plan, sump pump check
- Extreme heat: additional drinking water, cooling supplies, sunscreen
- Rural/remote travel: paper maps, satellite communication if applicable