STAY PREPARED

Prep your outage kit

Plan ahead so outages are less stressful. Aim to be able to manage at home for at least 72 hours without power. You do not need to buy everything at once. Start with what you have and build your kit over time.

What to include

Pack your outage kit in an easy-to-grab bin or backpack.

Light and power

- Flashlights and headlamps (1 per person)
- Extra batteries
- Battery-powered or crank radio
- Charged power bank and charging cables

Food and water

- Drinking water (at least 2 litres per person per day)
- Ready-to-eat food that does not need a fridge like canned goods and dry snacks
- Manual can opener and basic utensils

Warmth and comfort

- Blankets or sleeping bags
- Warm layers, socks, hats and mitts
- Candles and matches or a lighter – only if you can use them safely. Never leave candles unattended.

Health and personal items

- First aid kit
- Prescription medications and copies of any required prescriptions
- Glasses, hearing-aid batteries and mobility aids
- Toiletries and hygiene supplies

For elders, infants and pets

- Oxygen, if needed
- Mobility or medical supplies
- Diapers, wipes and formula
- Pet food, leashes and carriers

For your vehicle

- Booster cables
- Small shovel
- Blanket, snacks and water

