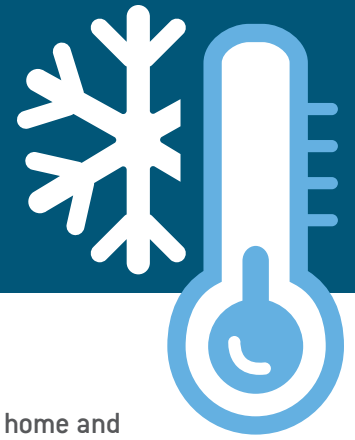


# WEATHERING THE STORM:

## How to be Prepared Before, During and After a Winter Storm



Being prepared for a severe weather emergency means having basic items on hand, for both your home and vehicle. You can purchase a basic kit from disaster relief organizations like the Canadian Red Cross or use the checklist below to build a customized kit containing supplies that fit your specific needs.

### HOME KIT ESSENTIALS

- Water (at least 2 litres of water per person per day)
- Non-perishable food (at least a five-day supply; canned food, energy bars, dried foods – i.e. cereal)
- First aid kit (e.g. bandages/gauze pads and tape, antiseptics, tweezers, cotton pads, etc.) Flashlight and extra batteries
- Tool kit (basic tools: hammer, screwdriver, nails, wrench and knife)
- Sanitation products (toilet paper, hand sanitizer, garbage bags)
- Battery-operated, hand-crank or solar-powered radio
- Emergency charger for electronic devices
- Spare keys for home and vehicle
- Extra cash in small bills
- Important phone numbers
- Matches/lighter
- Prescription medication
- Infant formula, diapers, pet food and other items for family members with specific needs
- Manual can opener
- Sleeping bags/bedding
- Important documents in a waterproof container
- Extra blankets
- Change of clothing
- Alternative heating source in case of power outage
- Emergency whistle
- Personal hygiene items (soap, toothpaste, feminine supplies, etc.)
- Paper towels, paper plates, plastic cups and utensils
- Fire extinguisher
- Books, games, puzzles and other activities for children (and toys for pets)\*

---

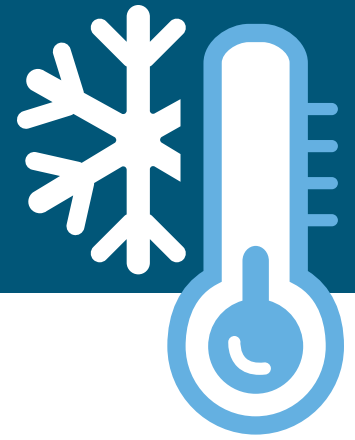
Learn more at [directenergy.ca](https://www.directenergy.ca)

© Copyright 2018, Direct Energy.



# WEATHERING THE STORM:

## How to be Prepared Before, During and After a Winter Storm



### VEHICLE ESSENTIALS

- First aid kit (e.g. bandages/gauze pads and tape, antiseptics, tweezers, cotton pads, etc.)
- Water/non-perishable food (small packages of food – e.g. energy bars, crackers, raisins)
- Blankets
- Extra clothing and shoes (e.g. hats, gloves, socks)
- Local maps
- Prescribed medication
- Battery-operated flashlight and extra batteries
- Windshield scraper and washer fluid
- Folding hand shovel
- Emergency whistle and fluorescent distress flag
- Matches/lighter
- Cell phone adapter/ charger
- Jumper cables
- Road flares and reflectors
- Multi-tool knife or pocket knife
- Towing rope or tire chains
- Kitty litter, sand or salt
- Extra cash on hand (stored in console or glove compartment)

### CAR KIT TIPS:

- Store emergency items in the main compartment of the vehicle for easy access in case the trunk is frozen shut or jammed.
- If possible, call 911 on your cell phone and provide your location, condition of everyone in the vehicle and the problem you're experiencing.
- Follow instructions: you may be told to stay where you are until help arrives and don't hang up until you know who you have spoken with and what will happen next.
- If you must leave the vehicle, write your name, address, phone number and destination on a piece of paper and place inside the front windshield for someone to see.

Learn more at [directenergy.ca](https://www.directenergy.ca)

© Copyright 2018, Direct Energy.

