do 1 thing

November Preparedness Step - Emergency Supplies

Have the supplies you need when you need them.

Emergencies do not always give us time to prepare. You may need to leave your home quickly, shelter in place, or deal with an emergency while you are away from home.

Having a few basic supplies gathered ahead of time can make those situations much easier to manage. This month, take some time to put together an emergency kit and think about the things your household would not want to be without.

This Month's "One Thing"

Choose **one simple action** to improve your emergency supplies:

🔷 Put Together a Go Bag

Create a bag or container that is easy to grab if you need to leave your home quickly. Keep it somewhere accessible and include the things you and your family may need for at least the first few hours of an evacuation.

Consider including:

- Flashlight and extra batteries
- First aid supplies
- Non-perishable snacks
- Bottled water
- Whistle
- Battery-powered or hand-crank radio
- Extra glasses or other essential personal items
- Extra clothing and a lightweight blanket
- Important emergency information and documents
- Personal hygiene items
- A list of medications, dosages, and important medical contacts

Do not forget the needs of children, pets, and anyone in your household who requires additional supplies. Update your bag when medications, clothing sizes, or other needs change.

🔷 Prepare for Emergencies Away From Home

Emergencies can happen while you are at work, school, travelling, or on the road.

Consider putting together a small emergency kit for your **vehicle**. In Saskatchewan, winter conditions make this especially important.

Your vehicle kit might include:

- Blanket or warm clothing
- First aid kit
- Flashlight
- Drinking water

- Non-perishable snacks
- Jumper cables
- A way to signal for help
- Phone charger or power bank
- Emergency warning or reflective equipment

If you regularly travel with a pet, include food, water, a leash or carrier, and any medications they may need.

🔷 **Keep Some Emergency Cash Available**

During a power outage or other major emergency, ATMs and electronic payment systems may not be available. Having some cash set aside can give you another option if debit or credit cards cannot be used.

You do not have to build this reserve all at once. Even setting aside $3.00 each week can help.

Keep emergency cash somewhere secure and include it as part of your overall emergency supplies.

Don't Forget the Things You Cannot Easily Replace

Emergency kits are not just about flashlights and food.

Think about the things that are important to **your** household. This could include medications, medical information, identification, important documents, glasses, mobility equipment, infant supplies, pet supplies, or other items that would be difficult to replace during an emergency.

A few minutes spent thinking about these things now can save a great deal of stress later.

When an emergency happens, you may not have time to search the house for everything you need.

Having supplies gathered and stored where you can find them means you can spend less time looking for things and more time taking care of yourself and the people who depend on you.

And remember, you do not need to build the perfect emergency kit overnight.

Small Steps Make a Big Difference

Take **one step this month**. Put together a go bag, prepare your vehicle kit, or set aside some emergency cash.

Then look at what you already have and identify what is still missing.

After ten months of small steps, your household has already come a long way. November is another opportunity to add one more piece to the puzzle.

Learn more at www.do1thing.com

NOVEMBER PREPAREDNESS STEP

EMERGENCY SUPPLIES

Small Step. Big Difference.

HAVE THE SUPPLIES YOU NEED WHEN YOU NEED THEM.



This month's "One Thing" – Choose ONE action to improve your emergency supplies.

1 PUT TOGETHER A GO BAG

Create a bag you can grab quickly if you need to leave your home.

CONSIDER INCLUDING:

- Flashlight and extra batteries
- Battery-powered or hand-crank radio
- First aid supplies
- Non-perishable snacks
- Bottled water
- Extra clothing and a lightweight blanket
- Whistle
- Personal hygiene items
- Extra glasses or essential personal items
- Important documents and information
- List of medications, dosages and medical contacts

Don't forget children, pets, and anyone in your household who has additional needs. Update your bag when needs change.

2 PREPARE FOR EMERGENCIES AWAY FROM HOME

Emergencies can happen at work, school, travelling, or on the road.

BUILD A VEHICLE KIT:

- Blanket or warm clothing
- Flashlight
- First aid kit
- Drinking water
- Non-perishable snacks
- Phone charger or power bank
- Jumper cables
- Emergency warning or reflective equipment
- A way to signal for help

If you travel with a pet, include food, water, leash or carrier, and any medications they may need.

3 KEEP SOME EMERGENCY CASH AVAILABLE

During a power outage or other emergency, ATMs and electronic payment systems may not be available.

- Having cash gives you another option if debit or credit cards can't be used.
- You don't need to build this reserve all at once. Even a small amount helps.
- Keep cash somewhere secure and include it as part of your overall emergency supplies.



DON'T FORGET THE THINGS YOU CAN'T EASILY REPLACE

Think about what is important to YOUR household: medications, medical information, identification, important documents, glasses, mobility equipment, infant supplies, pet supplies, and other items that would be difficult to replace.

A few minutes spent thinking about these things now can save a great deal of stress later.

WHY THIS MATTERS

When an emergency happens, you may not have time to search for what you need.

Having supplies ready means less time looking for things and more time taking care of the people who depend on you.

You don't need to build the perfect kit overnight. Small steps build preparedness.

TAKE ONE STEP THIS MONTH. THEN LOOK AT WHAT YOU HAVE AND IDENTIFY WHAT'S STILL MISSING.
YOU'VE COME A LONG WAY – KEEP BUILDING YOUR PREPARED HOUSEHOLD!

Get more tips at **www.Do1Thing.com**

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV
1 PLAN	2 WATER	3 SHELTERING	4 FOOD	5 WORK, SCHOOL & COMMUNITY	6 UNIQUE FAMILY NEEDS	7 FAMILY COMMUNICATION PLAN	8 GET INVOLVED	9 STAY INFORMED	10 POWER	11 EMERGENCY SUPPLIES

Do 1 Thing

One small step each month. A safer tomorrow.