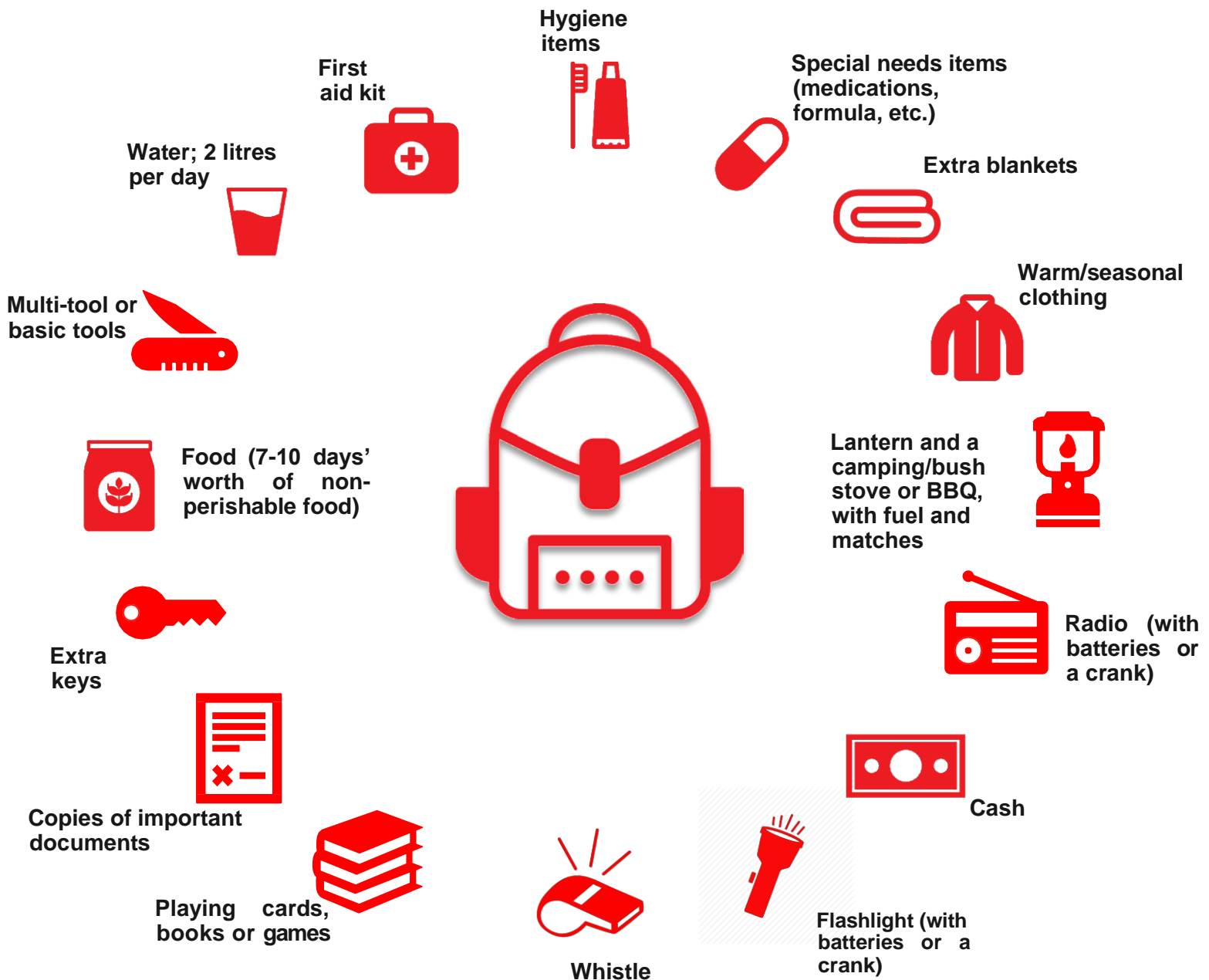


# 7-10 DAY EMERGENCY PREPAREDNESS KIT

## CHECKLIST FOR NORTHERN AND REMOTE COMMUNITIES

Not every emergency requires an evacuation. Some may require you to stay in your home for prolonged periods – possibly with limited resources. In remote or northern communities, it is very important to ensure that you are prepared to take care of yourself and your household for a minimum of 7-10 days in the event of an emergency.



More information – including some exercises you can do with your family - can be found at [www.redcross.ca/ready](http://www.redcross.ca/ready)