

# COWICHAN SURVIVAL CHECKLIST BOOK

A calm printable workbook for 24 hours, 72 hours, 7 days, and 30 days of readiness

**Water - Food - Go-Bag - Power - Medical - Hygiene - Pets - Recovery**

Prepared for Cowichan Valley, Duncan, and nearby communities  
Compiled from Duncan Survival Hub preparedness notes

*Use this as planning information only. For immediate danger, call 911. For emotional crisis in Canada, call or text 988. For community services, call or search 211.*

## How to Use This Book

This book is designed for real life: apartments, rooms, shelters, vehicles, tents, couch surfing, families, seniors, disability needs, pets, and low-budget situations. You do not need to finish everything at once. Check off one useful step at a time.

Start with safety, water, warmth, medication, ID, phone power, and information. Then build toward food, communication, power, sanitation, evacuation, and recovery.

*Planning note: Hours, programs, alerts, routes, and emergency conditions can change. Check official sources and local instructions during an emergency.*

## Official Places to Check

Source	Use	Write Link Here
<b>Cowichan Alert / Alertable</b>	Sign up for Cowichan-region emergency notifications.	<a href="https://emcowichan.ca/programs-resources/cowichan-alert/">https://emcowichan.ca/programs-resources/cowichan-alert/</a>
<b>EmergencyInfoBC</b>	Provincial emergency updates, evacuation alerts/orders, and public safety information.	<a href="https://www.emergencyinfobc.gov.bc.ca/">https://www.emergencyinfobc.gov.bc.ca/</a>
<b>EmergencyMapBC</b>	Map view of current public safety conditions. Use as reference, not the only source.	<a href="https://www.emergencyinfobc.gov.bc.ca/">https://www.emergencyinfobc.gov.bc.ca/</a>
<b>PreparedBC</b>	Official BC emergency kit and grab-and-go bag guidance.	<a href="https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/build-an-emergency-kit-and-grab-and-go-bag">https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/build-an-emergency-kit-and-grab-and-go-bag</a>

## Emergency Numbers

Number	Use
<b>911</b>	Police, fire, ambulance, immediate danger
<b>988</b>	Suicide crisis and emotional crisis support in Canada
<b>211</b>	Community, food, shelter, and social-service information
<b>811</b>	HealthLink BC for non-emergency health advice

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# One-Page Survival Checklist

Use this page first. It is the fastest path from overwhelmed to organized.

## First 10 Minutes

- Get yourself and others out of immediate danger
- Call 911 if there is fire, violence, medical danger, or life risk
- Grab phone, charger, ID, medications, keys, wallet, pets if safe

## First 24 Hours

- Stay warm and dry
- Fill water containers if water is still working
- Charge phone and power bank
- Write key numbers on paper
- Check official alerts and local instructions

## 72 Hours

- Water: 4L per person per day when possible
- No-cook food for 3 days
- Flashlight/headlamp and batteries
- Medication list and a few extra days of essentials
- Copies of ID and important documents

## 7 Days

- One week of water/food/supplies at home
- Radio and spare batteries
- Family check-in plan and meeting places
- Laundry, washroom, and hygiene plan

## 30 Days

- Deep pantry of food you already eat
- Rotate older items first
- Cash/coins and printed documents
- Learn one practical skill each season

# Start Here

## Start Here: 72 Hours, 7 Days, 30 Days

If you do nothing else, do this. A calm, step-by-step path from the first 24 hours to a 30-day cushion - built for any budget or living situation.

### Key takeaways

- The first 24 hours is about safety, water, warmth, and information.
- 72 hours is the basic goal; 7 days is better; 30 days is a deeper cushion.
- You can prepare with no money - start with information and what you already own.

### Steps

- 1. First 24 hours:** Stay safe and warm, keep your phone charged, fill containers with water, and write key phone numbers on paper. Check official alerts.
- 2. 72-hour kit:** Gather 3 days of water (4L per person per day), no-cook food, light, warmth, medications, and copies of ID in one bag you can carry.
- 3. 7-day home plan:** Build up to a week of water, food, and supplies at home. Add a radio, extra batteries, and a simple family check-in plan.
- 4. 30-day deeper pantry:** Slowly add shelf-stable food you already eat. One or two extra items each shop becomes weeks of meals over time.
- 5. If you have no money:** Start with free steps: information, saved containers for water, a charged phone, numbers on paper, and food-bank visits before a crisis day.
- 6. If you live in a vehicle:** Keep water, snacks, a blanket, a phone charger, and ID within reach. Know warm public spaces and never run the engine to sleep in an enclosed space.
- 7. If you're in shelter or transitional housing:** Keep a small personal kit: ID copies, medications, phone numbers, a charger, and comfort items. Ask staff about emergency plans.
- 8. If you're disabled or overwhelmed:** Do one tiny step at a time. Ask a support person to help. Keep medications, mobility aids, and a contact list easy to reach.

### Checklist

- Phone charged + numbers written on paper
- Water containers filled (72 hours)
- No-cook food for 3 days
- Medications + ID copies in one spot
- One safe place chosen

Source section: *Emergency Preparedness - Duncan Survival Hub*

# Family Plan, Alerts, and Communication

## Make A Family Emergency Plan

A simple plan removes panic. Everyone knows where to meet, who to call, and what to grab - even if phones are down and you are not together.

### Key takeaways

- Pick one local and one out-of-town contact everyone memorizes.
- Choose two meeting places: near home and outside the neighbourhood.
- Practice the plan once so kids know it by heart.

### Steps

- 1. Write down contacts:** List an out-of-town relative or friend as the family check-in point - long-distance lines often work when local ones are jammed.
- 2. Pick meeting spots:** One right outside your home for a fire, and one outside the area in case you cannot get home.
- 3. Assign simple jobs:** Decide who grabs the kit, who helps children or pets, and who shuts off utilities if needed.
- 4. Practice and post it:** Walk through it once, then post a copy on the fridge and save it on each phone.

### Checklist

- Out-of-town contact chosen and shared
- Two meeting places agreed
- Roles assigned for kit, kids, pets
- Copy posted at home + saved on phones
- Plan practiced at least once

*Source section: Emergency Preparedness - Duncan Survival Hub*

## Communication Plan

When cell service is down or lines are jammed, a simple plan keeps your people connected and your key info reachable offline.

### Key takeaways

- Pick one out-of-area contact everyone checks in with.
- Keep a paper contact list - phones die and networks fail.
- Save key info offline and on paper.

### Steps

- 1. Build a phone tree:** Decide who calls whom, and choose one out-of-area contact as the central check-in - long-distance lines often work when local ones jam.
- 2. Keep it on paper:** Write your key numbers and a printed list of directions to important resources. Don't rely only on your phone.
- 3. Stay informed:** Know your local radio station, subscribe to emergency alerts, and take offline screenshots of maps and key pages.
- 4. When cell service is down:** Try texts (they often go through when calls won't), conserve battery, and meet at your agreed place if you can't reach anyone.

### Checklist

- Out-of-area contact chosen
- Paper contact list made
- Local radio station noted
- Emergency alerts subscribed
- Offline screenshots saved
- Printed directions to key resources

*Source section: Communications - Duncan Survival Hub*

## Set Up Emergency Alerts

Knowing about a storm, fire, or evacuation order early gives you time to act calmly. A few free alert sources keep you informed even when cell service is patchy.

### Key takeaways

- Enable wireless emergency alerts on your phone.
- Keep a battery or hand-crank radio for when networks fail.
- Know your regional district's alert channels.

### Steps

- 1. Turn on phone alerts:** Make sure emergency/government alerts are enabled in your phone settings.
- 2. Add a radio backup:** Keep a hand-crank or battery radio so you can hear broadcasts during outages.
- 3. Follow local channels:** Subscribe to your regional district and emergency program updates for evacuation alerts.

### Checklist

- Phone emergency alerts enabled
- Hand-crank/battery radio stored
- Local alert channels followed
- Spare batteries on hand

*Source section: Communications - Duncan Survival Hub*

## Keep Offline Information Ready

When the internet is down, the info you need most should still be at hand - contacts, maps, and key documents on paper or saved offline.

### Key takeaways

- Print a contact and address list for your kit.
- Save offline maps of your area on your phone.
- Keep copies of key documents in a waterproof bag.

### Steps

- 1. Print the essentials:** A one-page sheet with phone numbers, addresses, and the family plan beats a dead phone.
- 2. Download offline maps:** Save your region for offline use so you can navigate without data.
- 3. Protect documents:** Keep copies of ID, insurance, and prescriptions in a sealed waterproof bag.

### Checklist

- Printed contact + address sheet
- Offline maps downloaded
- Document copies in waterproof bag
- Backup of photos/records saved

*Source section: Communications - Duncan Survival Hub*

## Emergency Binder & Offline Info

A simple paper binder (or folder, or envelope) keeps the information you'd panic without - contacts, medications, ID, and meeting places - all in one safe place.

### Key takeaways

- Keep key info on paper in case phones and internet fail.
- Never write actual passwords - just a reminder of where they live.
- A little cash and a paper map can save the day.

### Steps

- 1. Gather contacts and info:** Emergency contacts, important phone numbers, your medication list, allergies, and local services on one or two pages.

**2. Document and ID checklist:** List your ID and key documents and where they're kept. Add pet information and family meeting places.

**3. Passwords without passwords:** Write a gentle reminder of where your accounts and passwords are stored - never the passwords themselves.

**4. Add a map and cash:** Keep a paper map of your area and a little cash or coins, since debit and ATMs may not work during an outage.

### Checklist

- Emergency contacts written down
- Medication list + allergies
- ID and document checklist
- Pet info + family meeting places
- Important phone numbers + local services
- Password reminder note (no passwords)
- Paper map + small cash/coins

*Source section: Communications - Duncan Survival Hub*

# Evacuation and Go-Bag

## Evacuation & Go-Bag

When you need to leave quickly, a ready bag and a simple plan make it calm instead of frantic. Leaving early is strength, not failure.

### Key takeaways

- Keep a grab-and-go bag near the door, ready to lift in one trip.
- Know a 10-minute list and a 1-hour list so you grab the right things.
- Plan for leaving without a vehicle, and for pets.

### Steps

- 1. Pack a go-bag:** Water, snacks, medications, ID copies, phone charger, cash, warm layer, and a flashlight in one bag you can carry.
- 2. 10-minute list:** People, pets, medications, ID, phone and charger, keys, wallet. Leave the rest.
- 3. 1-hour list:** Add documents, a change of clothes, comfort items, chargers, and extra food and water if there's time.
- 4. No vehicle? Plan to leave by bus or on foot:** Know the nearest transit stops, a walking route to safety, and who could give you a ride. Keep the bag light enough to carry.
- 5. Pets:** Keep leashes, carriers, food, and ID near the door so pets come with you.

### Checklist

- Go-bag packed and near the door
- 10-minute grab list posted
- 1-hour list written
- Car kit OR bus/walking plan ready
- Pet carrier, leash, food accessible

*Source section: Emergency Preparedness - Duncan Survival Hub*

## Be Evacuation-Ready

Wildfire and flood season can mean leaving fast. A little prep means you grab the right things calmly instead of forgetting essentials in a rush.

### Key takeaways

- Keep a half tank of fuel during high-risk season.
- Know two ways out of your neighbourhood.
- Keep documents and medications easy to grab.

### Steps

- 1. Make a grab list:** Write the 'last five minutes' list: people, pets, medications, documents, devices and chargers.
- 2. Plan your routes:** Identify a primary and a backup route out, and a safe destination such as a friend's home.
- 3. Prep the vehicle:** Keep fuel topped up, a phone charger in the car, and the emergency kit ready to load.

### Checklist

- Grab list posted near the door
- Two exit routes known
- Vehicle fuelled during fire season
- Documents + meds in one easy spot
- Pet carriers and leashes accessible

*Source section: Emergency Preparedness - Duncan Survival Hub*

# Water Security

## Water Security

Clean water is the first thing you need. Storing a little is cheap and easy, and it's the highest-value prep you can do.

### Key takeaways

- Store about 4 litres per person per day when possible.
- Minimum 72 hours; a better goal is 7 days.
- Don't forget water for pets and basic hygiene.

### Steps

- 1. Store enough:** Aim for 4 litres per person per day - about 2L for drinking and 2L for hygiene and cooking. Start with 72 hours, build toward 7 days.
- 2. Add pets and hygiene:** Include extra water for pets, washing hands, and cleaning. Sick people, infants, and hot weather need more.
- 3. Label and rotate:** Use clean food-grade containers, write the date on each, keep them cool and dark, and refresh every 6-12 months.
- 4. Purify when unsure:** If water might be unsafe, boil at a rolling boil for 1 minute, or add 2 drops of unscented bleach per litre and wait 30 minutes.

### Checklist

- 4L per person per day stored (72 hours min)
- Working toward a 7-day supply
- Water set aside for pets
- Containers labelled with the date
- A purification method ready

*Source section: Water - Duncan Survival Hub*

## Store Water Safely At Home

Water is the first thing you need and the first thing to run short. Storing a modest supply is cheap, easy, and the highest-value prep you can do.

### Key takeaways

- Store at least 4 litres per person per day; two weeks is a great goal.
- Use food-grade containers and keep them cool and dark.
- Label and rotate stored water every 6-12 months.

### Steps

- 1. Choose containers:** Use commercial water jugs or clean food-grade containers. Avoid old milk jugs, which break down and leak.
- 2. Fill and treat:** Fill with tap water. If treating, add 2 drops of unscented household bleach per litre, then let stand 30 minutes.
- 3. Store smart:** Keep containers off concrete, away from chemicals, and out of direct sunlight.
- 4. Rotate:** Label with the date and refresh stored water roughly twice a year.

### Checklist

- Two weeks of water per person stored
- Food-grade containers only
- Stored cool, dark, off concrete
- Dated labels applied
- Rotation reminder set

*Source section: Water - Duncan Survival Hub*

## Purify Water In An Emergency

If stored water runs out, you can make questionable water safe to drink with boiling, bleach, or a filter. Knowing two methods is better than one.

### Key takeaways

- Boiling is the most reliable method - a rolling boil for one minute.
- Unscented bleach works when boiling isn't possible.
- Filter cloudy water first so treatment can work.

### Steps

- 1. Pre-filter:** Pour cloudy water through a clean cloth or coffee filter to remove debris.
- 2. Boil:** Bring to a rolling boil for at least one minute (three minutes above 2,000 m), then let cool.
- 3. Or chemically treat:** Add 2 drops of unscented household bleach per litre, stir, and wait 30 minutes. A slight chlorine smell is normal.
- 4. Store treated water:** Keep it covered in a clean container and use within a few days.

### Checklist

- Cloth or filter for pre-filtering
- Pot and heat source for boiling
- Unscented bleach + a dropper
- Clean covered container for output

*Source section: Water - Duncan Survival Hub*

## Collect Rainwater Responsibly

A rain barrel gives you water for the garden and an extra emergency source. On Vancouver Island's wet seasons, it fills quickly.

### Key takeaways

- Use rain barrels for the garden and non-drinking needs first.
- Cover barrels to keep out debris and mosquitoes.
- Always purify collected rain before drinking.

### Steps

- 1. Set up a barrel:** Place a covered barrel under a downspout on a level, raised base for easy filling.
- 2. Filter the inflow:** Add a mesh screen at the top to block leaves and insects.
- 3. Use it wisely:** Use stored rain for plants, cleaning, and flushing. Purify it before any drinking use.

### Checklist

- Covered, screened barrel installed
- Raised, level base
- Overflow directed away from foundation
- Purification method ready for drinking use

*Source section: Water - Duncan Survival Hub*

# Food Security and Pantry Rotation

## Food Security & Pantry Rotation

Build a small food cushion from things you already eat - no special survival food needed. Includes options for people with no kitchen, vehicle dwellers, and medical diets.

### Key takeaways

- Store what you eat, eat what you store, oldest first.
- No-cook and low-cost options work for any living situation.
- Plan food-bank visits before a crisis day, not on it.

### Steps

- 1. No-cook basics:** Canned goods with pull tabs, peanut butter, crackers, tuna, granola bars, dried fruit, nuts, and ready-to-eat fruit cups need no stove.
- 2. Low-cost pantry:** Oats, rice, beans, lentils, pasta, canned soup, powdered milk, and instant coffee or tea stretch a small budget a long way.
- 3. For no kitchen, vehicle, or shelter:** Choose foods that don't need cooking or refrigeration and that travel well. Keep a manual can opener and a spoon.
- 4. Medical diets:** If you're diabetic or have dietary needs, store steady snacks and the foods your body needs. Keep a little extra of anything tied to your medication.
- 5. Rotate and comfort:** Use older food first, restock as you go, and include a few comfort foods - they matter a lot under stress.

### Checklist

- No-cook food for at least 3 days
- Low-cost staples: oats, rice, beans, soup
- Manual can opener stored
- Medical/diet foods included
- Comfort foods on hand
- Food-bank visit planned ahead

*Source section: Food - Duncan Survival Hub*

## Build A Deep Pantry

A deep pantry is simply more of the food you already eat. It smooths out price spikes, busy weeks, and emergencies - without special survival food.

### Key takeaways

- Buy a little extra of what you normally eat each shop.
- Store by 'eat what you store, store what you eat.'
- Use the first-in, first-out rule to avoid waste.

### Steps

- 1. Track what you eat:** Note the staples your household actually uses - rice, pasta, beans, canned goods, oats, cooking oil.
- 2. Buy one extra:** Each shop, add one or two extras of those staples until you have two to four weeks on hand.
- 3. Organize and date:** Keep newest at the back, oldest at the front, and mark purchase dates.
- 4. Cook from it:** Rotate by cooking from the pantry regularly so nothing expires.

### Checklist

- List of household staples made
- 2-4 weeks of staples on hand
- First-in, first-out shelving
- Manual can opener stored
- Comfort foods included

*Source section: Food - Duncan Survival Hub*

## Long-Term Food Storage Basics

Some staples store for years when kept cool, dry, and sealed. A small reserve of these gives real peace of mind behind your everyday pantry.

### Key takeaways

- Best keepers: white rice, dried beans, oats, pasta, sugar, salt.
- Cool, dark, dry, and airtight is the whole secret.
- Store in food-grade containers, ideally with oxygen absorbers.

### Steps

- 1. Choose long-life staples:** Focus on dry goods with very low moisture and oil content for the longest shelf life.
- 2. Seal against air and pests:** Use food-grade buckets or mylar with oxygen absorbers to block air, moisture, and insects.
- 3. Store in the right spot:** A cool closet or basement shelf beats a hot garage. Keep off the floor.
- 4. Track dates:** Label each container with contents and the date packed.

### Checklist

- Long-life staples selected
- Food-grade airtight containers
- Oxygen absorbers (optional but ideal)
- Cool, dark, dry storage spot
- Contents + date labelled

*Source section: Food - Duncan Survival Hub*

## Preserve Food At Home

Preserving the harvest - by freezing, drying, or canning - turns a seasonal surplus into months of meals and reduces waste.

### Key takeaways

- Freezing is the easiest entry point to preservation.
- Drying needs little equipment and stores compactly.
- Follow tested canning recipes for safety.

### Steps

- 1. Freeze the easy wins:** Blanch and freeze vegetables, and freeze berries on a tray before bagging them.
- 2. Dry herbs and fruit:** Use a dehydrator or low oven to dry herbs, apples, and tomatoes for compact storage.
- 3. Can with tested recipes:** Use water-bath canning for high-acid foods like jam and pickles; use a pressure canner for low-acid foods.
- 4. Label everything:** Date and label every jar and bag so you use the oldest first.

### Checklist

- Freezer space organized + labelled
- Dehydrator or oven method tested
- Tested canning recipes on hand
- Jars, lids, or freezer bags stocked

*Source section: Food - Duncan Survival Hub*

# Power Outage Plan

## Power Outage Plan

Outages are common on Vancouver Island, especially in winter storms. A few simple items keep you lit, warm, charged, and safe.

### Key takeaways

- Light, warmth, and a charged phone cover most outages.
- Never use BBQs, camp stoves, or generators indoors.
- Keep the fridge and freezer closed to protect food.

### Steps

- 1. Light and power:** Keep flashlights or headlamps, spare batteries, a power bank for your phone, and a battery or hand-crank radio.
- 2. Stay warm:** Have warm clothing and blankets ready. Dress in layers and gather in one room to share heat.
- 3. Cook safely:** Never use outdoor cooking or heating equipment indoors - BBQs, camp stoves, and generators give off carbon monoxide that can kill.
- 4. Protect food:** Keep the fridge (about 4 hours) and freezer (24-48 hours) closed. When in doubt, throw it out.
- 5. Check on neighbours:** During winter storms, check on seniors and anyone living alone, and have a plan for charging phones.

### Checklist

- Flashlight/headlamp + spare batteries
- Charged power bank + cable
- Battery or hand-crank radio
- Warm clothing and blankets
- Fridge/freezer kept closed
- Phone charging plan

*Source section: Power - Duncan Survival Hub*

## Get Ready For Power Outages

Storms knock out power every winter. With light, warmth, and a way to charge your phone sorted in advance, an outage becomes an inconvenience, not a crisis.

### Key takeaways

- Light, warmth, phone power, and food safety are the four priorities.
- Charge power banks and devices before a storm hits.
- Keep the fridge and freezer closed to hold cold.

### Steps

- 1. Light the house safely:** Keep flashlights and headlamps with spare batteries in known spots. Use candles cautiously, never unattended.
- 2. Plan for warmth:** Have warm layers and blankets ready; if you use a backup heater, ensure it is rated for indoor use and ventilated.
- 3. Keep phones alive:** Charge power banks ahead of storms and keep a car charger handy.
- 4. Protect your food:** Keep fridge/freezer doors closed - a full freezer holds cold for about 48 hours.

### Checklist

- Flashlights + spare batteries staged
- Power banks charged
- Warm layers + blankets ready
- Cooler + ice plan for the fridge
- Battery or hand-crank radio

*Source section: Power - Duncan Survival Hub*

## Solar Charging For Essentials

A small folding solar panel and a power station can keep phones, lights, and a CPAP or medical device running through a longer outage.

### Key takeaways

- Match panel and battery size to what you actually need to run.
- A power station is safer indoors than a fuel generator.
- Test your setup before you need it.

### Steps

- 1. List your must-run devices:** Phone, lights, router, and any medical device. Add up their watt-hours per day.
- 2. Pick a power station:** Choose a battery with enough capacity for a day or two, plus a folding panel to recharge it.
- 3. Place panels well:** Aim panels at direct sun and reposition through the day for the best charge.
- 4. Test and maintain:** Run a trial outage at home and keep the battery topped up between uses.

### Checklist

- Must-run devices + watt-hours listed
- Power station sized to needs
- Folding solar panel on hand
- Cables/adapters for your devices
- Setup tested at least once

*Source section: Power - Duncan Survival Hub*

# First Aid, Medication, and Medical Continuity

## First Aid & Medication Buffer

A basic kit and a small medication cushion help you handle the small stuff and stay steady in a crisis. This is planning information, not medical advice.

### Key takeaways

- A simple first-aid kit covers most everyday injuries.
- Keep a few extra days of medications when you can.
- Know your crisis lines and where naloxone is available.

### Steps

- 1. Build a basic kit:** Bandages, gauze, tape, gloves, antiseptic wipes, pain reliever, and any personal items you use often.
- 2. Medication buffer:** Ask your pharmacy about refills a little early so you keep a few days' cushion. Keep an up-to-date medication list.
- 3. Naloxone and crisis lines:** Carry naloxone if it could help someone near you - it's free at many pharmacies. Keep crisis numbers handy: 911, 988, and 211.
- 4. Backups and continuity:** Keep a spare pair of glasses or contacts, and plan how to continue mental-health medications during a disruption.

### Checklist

- Basic first-aid kit assembled
- A few extra days of medications
- Up-to-date medication list
- Naloxone considered/located
- Glasses/contacts backup
- Crisis numbers: 911, 988, 211

*Source section: Medical - Duncan Survival Hub*

## Stock A Home First-Aid Kit

Most emergencies are small - cuts, burns, sprains. A well-stocked kit and a little know-how handle the everyday and buy time in the serious moments.

### Key takeaways

- Build one main home kit and a smaller car/go-bag kit.
- Include personal medications and a list of doses.
- Refresh expired items once a year.

### Steps

- 1. Cover wounds:** Stock assorted bandages, gauze, medical tape, antiseptic wipes, and gloves.
- 2. Add tools and meds:** Include scissors, tweezers, a thermometer, pain relievers, antihistamine, and any prescriptions.
- 3. Write it down:** Keep a card listing each person's medications, doses, allergies, and key contacts.
- 4. Learn the basics:** Take a first-aid/CPR course so the kit is matched by skill.

### Checklist

- Bandages, gauze, tape, gloves
- Antiseptic + burn gel
- Scissors, tweezers, thermometer
- Pain reliever + antihistamine
- Medication + allergy list card

*Source section: Medical - Duncan Survival Hub*

## Keep A Medication Buffer

Running out of essential medication during a storm or supply hiccup is avoidable. A small buffer and a written list keep you covered.

### Key takeaways

- Aim for a few extra days of essential prescriptions.
- Ask your pharmacist about early refills before travel or storm season.
- Keep medications in their labelled containers.

### Steps

- 1. List essentials:** Write down every regular medication, the dose, and the prescribing details.
- 2. Build a small buffer:** Refill a little early when you can so you always have a few spare days on hand.
- 3. Store properly:** Keep meds cool and dry, and note any that need refrigeration and a cooler plan.
- 4. Keep the list portable:** Save a copy in your phone and in your emergency kit.

### Checklist

- Full medication list written
- Few days' buffer of essentials
- Cooler plan for fridge meds
- Copy in kit + on phone

*Source section: Medical - Duncan Survival Hub*

# Sanitation and Hygiene

## Sanitation & Hygiene During Disruption

Staying clean protects your health and your dignity when normal washrooms and laundry aren't available. A few simple supplies go a long way.

### Key takeaways

- Hand hygiene prevents most illness during disruptions.
- Wipes, gloves, and garbage bags cover a lot of needs.
- Plan ahead for public washrooms and laundry.

### Steps

- 1. Hand hygiene first:** Keep soap, hand sanitizer, and wipes. Wash hands before eating and after using the toilet to prevent illness.
- 2. Toilet and waste:** Have toilet paper, garbage bags, and gloves. If toilets don't flush, line a bucket with a bag and tie it off.
- 3. Menstrual and personal care:** Keep a supply of menstrual products, wipes, and any personal items you need so you're never caught short.
- 4. Laundry and washrooms:** Know where public washrooms, showers, and laundry are, and plan visits. Keep a change of clean socks and underwear.

### Checklist

- Soap + hand sanitizer + wipes
- Toilet paper + garbage bags + gloves
- Menstrual products stocked
- Public washroom/shower plan
- Laundry plan + clean socks

Source section: *Sanitation & Hygiene - Duncan Survival Hub*

# Living Situation Checklists

## Home, Room, Shelter & Vehicle Readiness

Readiness looks different depending on where you sleep. Here are realistic steps for many living situations - no judgment, just useful.

### Key takeaways

- Everyone can prepare, whatever their housing.
- Match your plan to your real space and resources.
- Small, portable kits work when space is tight.

### Steps

- 1. Apartment or rooming house:** Keep a small water and food supply, a flashlight, a power bank, and know your exits and a meeting spot outside.
- 2. Shelter or transitional housing:** Keep a personal kit: ID copies, medications, phone numbers, a charger, and comfort items. Ask staff about emergency procedures.
- 3. Vehicle living:** Store water, snacks, a blanket, warm clothes, a charger, and ID within reach. Never run the engine to stay warm in an enclosed space.
- 4. Tent or rough sleeping:** Keep gear dry, layer for warmth, protect your feet, and know where warm indoor spaces and outreach are.
- 5. Couch surfing:** Keep your essentials in one easy-to-carry bag: ID, medications, charger, and a change of socks, so you can move quickly.

### Checklist

- Exits and a meeting spot known
- Small portable kit packed
- ID copies + medications with you
- Charger and power bank ready
- Dry socks and a warm layer

*Source section: Living Situations - Duncan Survival Hub*

# People, Pets, and Support Needs

## Children, Seniors, Pets & Disability Needs

Plans should fit the real people you care for. Here's how to prepare for children, seniors, pets, service animals, and disability or mental-health needs.

### Key takeaways

- Plan for the specific needs of each person and pet.
- Comfort items and routines reduce fear and overwhelm.
- Line up backup caregivers and support people in advance.

### Steps

- 1. Children:** Pack comfort items, snacks, and a familiar toy. Practice the plan gently so kids know what to do without fear.
- 2. Seniors and mobility needs:** Keep medications, mobility aids, and a list of needs handy. Plan how someone would help if you can't move quickly.
- 3. Cognitive and mental-health needs:** Keep a simple written plan, sensory comfort items, and a crisis plan. Identify a support person who can help calmly.
- 4. Pets and service animals:** Store food, water, a leash, a carrier, and ID. Service animals need their gear and any documents ready to go.
- 5. Backup support people:** Name a few people who could help in an emergency and make sure they know they're on your list.

### Checklist

- Kids' comfort items + snacks
- Medications + mobility aids ready
- Written plan + sensory comfort items
- Pet food, water, leash, carrier, ID
- Backup caregivers/support people named

*Source section: People & Pets - Duncan Survival Hub*

# Low-Budget Preparedness

## Preparedness When You're Broke

Preparedness is not only for people with money. Most of the highest-value steps cost nothing. No shame, no blame - one item a week is still progress.

### Key takeaways

- [ ] Start with information, not shopping.
- [ ] Free steps come first: water containers, a charged phone, numbers on paper.
- [ ] Use food banks and outreach before a crisis day.

### Steps

- 1. Start free:** Information is free. Learn the basics, save clean containers for water, and keep your phone charged whenever you can.
- 2. Write it down:** Write key phone numbers on paper so you have them even if your phone dies or is lost.
- 3. Carry small comforts:** Carry snacks when you can and keep a dry pair of socks - small things that protect your body and mood.
- 4. Use community supports:** Visit food banks before you run out, and ask outreach workers, churches, and community programs for help building a kit from donated items.
- 5. One step at a time:** One item a week is still progress. There is no shame in this - you're doing the work that matters.

### Checklist

- [ ] Saved containers for water
- [ ] Phone charged when possible
- [ ] Numbers written on paper
- [ ] Snacks carried when possible
- [ ] Food bank visit before crisis
- [ ] Dry socks kept handy
- [ ] One useful item added this week

*Source section: When You're Broke - Duncan Survival Hub*

# Self-Sufficiency Skills

## Start A Vegetable Garden

Growing even a little food builds skill, saves money, and adds fresh nutrition. Start small and expand as you learn - the Cowichan Valley's mild climate is generous.

### Key takeaways

- Begin with a few easy, high-yield crops.
- Good soil and sun matter more than garden size.
- Containers work if you have no yard.

### Steps

- 1. Pick a sunny spot:** Most vegetables want 6+ hours of sun. A few pots on a balcony can work too.
- 2. Build the soil:** Mix compost into beds or use quality potting soil in containers.
- 3. Grow easy wins:** Start with lettuce, kale, beans, zucchini, and herbs - forgiving and productive.
- 4. Water and harvest:** Water consistently and pick often to keep plants producing.

### Checklist

- Sunny spot or containers chosen
- Compost / quality soil added
- Easy starter crops selected
- Watering routine set
- Seeds or seedlings on hand

*Source section: Self-Sufficiency - Duncan Survival Hub*

## Learn Everyday Self-Reliance Skills

Resilience is as much skill as supplies. A handful of practical abilities make you calmer and more capable when things go sideways.

### Key takeaways

- Skills weigh nothing and never expire.
- Practice one new skill at a time.
- Basic repair, cooking, and first aid go a long way.

### Steps

- 1. Cook from staples:** Learn a few meals you can make from pantry basics without power or fresh groceries.
- 2. Make basic repairs:** Practice simple sewing, patching, and fixing common household items.
- 3. Handle utilities:** Know how to safely shut off your water, gas, and electricity.
- 4. Keep learning:** Take a first-aid course and add one skill each season.

### Checklist

- Can cook 3 meals from staples
- Know how to shut off utilities
- Basic repair kit + know-how
- First-aid course booked or done

*Source section: Self-Sufficiency - Duncan Survival Hub*

# Recovery After the Emergency

## Recovery After The Emergency

The hours and days after a crisis matter too. These gentle steps help you recover practically, emotionally, and spiritually - and remind you not to do it alone.

### Key takeaways

- Document and report before cleaning up.
- Replacing ID and food early reopens other supports.
- Emotional decompression is part of recovery, not weakness.

### Steps

- 1. Document and report:** Take photos of any damage before cleanup, and note what happened. Contact insurance or your landlord if applicable.
- 2. Replace essentials:** Start replacing lost ID and documents early - many supports need them. Replace lost food through food banks and supports.
- 3. Decompress:** Stress and grief after an emergency are normal. Rest, eat, hydrate, limit the news, and use grounding tools.
- 4. Lean on faith and people:** Prayer and faith support are there if they help you. Reach out to supports early and don't isolate - ask for help before you're in crisis.

### Checklist

- Damage documented with photos
- Supports / insurance / landlord contacted
- ID replacement started
- Food replacement arranged
- Grounding tools used
- Reached out to a person or support

*Source section: Recovery - Duncan Survival Hub*

# Printable Workbook Pages

Print these pages or copy them into a notebook. Keep one copy at home and one copy in your go-bag if possible.

## Emergency Contact Sheet

Name / Service	Phone	Address / Notes

## Family / Support Check-In Plan

Person	How to Reach Them	Role / What They Can Help With

## Meeting Places

Situation	Meeting Place	Backup Place

## Go-Bag Inventory

- Water bottle or water pouches
- No-cook snacks
- Medications and medication list
- ID copies in waterproof bag
- Phone charger and power bank
- Cash/coins
- Warm layer and dry socks
- Flashlight/headlamp
- Pet leash/carrier/food if needed
- Comfort item / grounding item

## Go-Bag Notes

Item	Packed?	Needs Replacing / Date

## Water Calculator

PreparedBC and Duncan Survival Hub use 4 litres per person per day as a strong planning target for drinking and sanitation. Add extra for pets, infants, hot weather, illness, and hygiene needs.

### Household Water Plan

People/Pets	Litres per Day	Days Planned	Total Litres Needed

- 72-hour water stored
- 7-day water goal started
- Water containers dated
- Purification method ready
- Pet water included





## Power Outage Plan

Need	Plan	Checked

- Flashlight/headlamp ready
- Batteries stored
- Power bank charged
- Warm clothes and blankets ready
- Radio ready
- Fridge/freezer plan understood
- No outdoor cooking/heating indoors

## Sanitation and Hygiene Plan

Need	Where to Get It / Store It	Checked

- Soap and hand sanitizer
- Wipes
- Toilet paper
- Garbage bags
- Gloves
- Menstrual products / personal care
- Laundry plan
- Public washroom/shower plan
- Clean socks and underwear

## Vehicle / Shelter / Room / Tent Readiness

Living Situation	Best Safety Step	Go-Bag Location / Notes

## Pets and Service Animals

Animal	Food/Water/Gear	Emergency Notes

## Weekly Progress Tracker

One item a week is still progress. Do not shame yourself. Build slowly.

## 12-Week Preparedness Tracker

Week	One Useful Thing Added or Practiced	Done

## Recovery Log

After a disruption, write down what happened, what was lost, who you contacted, and what needs replacing.

### After-Emergency Recovery Notes

Date	What Happened	Photos / Reports / Supports Contacted

### ID, Food, and Essentials Replacement

Need	Who to Contact	Status

