



Emergency Preparedness Checklist

Is your household prepared for emergencies like power outages, winter storms, supply chain shortages, or evacuations? Being ready can help your household stay safe, comfortable, and self-sufficient during disruptions.

Car Emergency Kit

Be prepared for breakdowns or being stranded, especially in winter.

- ☐ Non-perishable food & water bottles
- ☐ Extra clothes, shoes & blanket
- ☐ Road maps & evacuation routes
- ☐ Sand, road salt, or kitty litter
- ☐ Shovel, ice scraper & gloves
- ☐ Jumper cables & seatbelt cutter

Tip: Keep gas tank at least half-full

Stay Safe at Home 72+ Hours

Keep 72+ hours of supplies on hand in case you need to shelter at home.

- ☐ Non-perishable food
- ☐ Water: 1 litre per person per day
- ☐ Baby formula & diapers
- ☐ Radio: battery or crank-operated
- ☐ Essential medication
- ☐ Personal hygiene items
- ☐ Pet food & supplies
- ☐ Cash in small bills
- ☐ Flashlight & batteries
- ☐ Backup power (batteries, generator)
- ☐ First aid kit

Household Plan

In case you are separated:

- ☐ Evacuation routes
- ☐ Designated meeting place(s)
- ☐ Medical information
- ☐ List of emergency contacts

Tip: Consider a family password to prevent scams

Grab & Go Bag

In case you must leave quickly or can't get home, keep in an easy-to-access place at home or work.

- ☐ Non-perishable food & water
- ☐ Extra cell phone charger
- ☐ Essential medication
- ☐ Copies of important documents
- ☐ Emergency blanket & rain poncho
- ☐ Face masks & hand sanitizer
- ☐ Cash in small bills
- ☐ Flashlight & batteries
- ☐ A change of clothes
- ☐ Alert whistle
- ☐ First aid kit



Keep this checklist on your fridge!

Emergency Preparedness for Households

Why Household Preparedness Matters

Disruptions are no longer rare—they're becoming more frequent, complex, and disruptive to our daily lives. Advance preparation saves lives, protects homes, and eases pressure on emergency services.

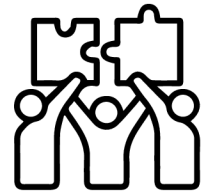
Community Preparedness Starts with You

Everyone has a role in building a strong, prepared community.



What You Can Do

- Be prepared at home
- Take or refresh First Aid training
- Share and discuss—help spread readiness information in your circles
- Look out for your neighbours, especially those who are vulnerable or live alone
- Join or start a neighbourhood group: readypec.ca/neighbours
- Stay informed—tune in to 99.3 County FM for trusted updates during disruptions
- Volunteer your time or expertise: readypec.ca/volunteer



PEC Emergency Contacts & Resources

Police, Fire, Ambulance:
911

PEC Roads Emergency Line (After Hours):
613-476-6505

PEC Water & Wastewater Emergency Line (After Hours):
613-967-8777

Fire Department Non-Emergency Line
613-476-2148 ext. 3050

Municipal Customer Service Desk:
613-476-2148 ext. 1023

Picton OPP Non-Emergency Line:
613-476-6505

Quinte Health Non-Emergency Line:
1-800-483-2811

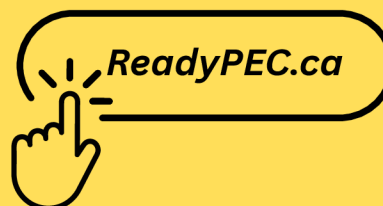
About ReadyPEC



ReadyPEC is a community-led initiative working to strengthen emergency preparedness across households, neighbourhoods, and the wider community.

Learn More

Find trusted information, guides, and tips to prepare for disruptions.



Thank you to our sponsors in community preparedness

