



Many people hear the word ‘emergency’ and immediately assume evacuation, but according to first responders and emergency preparedness specialists evacuation is rarely the best route.

Unless instructed to do otherwise, or there is obvious threat to your property (an incoming fire or tsunami for example) then stay home! It’s where all your good stuff is.

Reception centers, roadways, and public meeting places are likely to be crowded with people who may be desperate. Supplies are usually very limited in these places so having your own stores in a familiar place will hugely impact your chances of riding out the disaster in relative comfort and safety.

On Vancouver Island a minimum of 1 week of supplies is recommended for Sheltering in Place. Be prepared to camp out in your yard if the house is unstable.

Why Total Prepare?

Total Prepare is Canada’s premiere supplier of emergency supplies. Located in Victoria BC, we endeavor to help our communities get prepared by working with hospitals, schools, and government offices to find solutions that exceed expectations without exceeding the budget.



Our friendly and professional staff are available at the following times in our store, but online sales are available 24/7 at totalprepare.ca. Skip the shipping and choose ‘Pick up in Store.’

Mon – Fri	9:30-5:00
Weekends	Closed
Holidays	Closed

If you have any questions about emergency planning for your family or organization please don’t hesitate to contact us. We’re always happy to help our neighbours!

-The Total Prepare Team

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Professionally Compiled 1 & 2 Week Kits

Gathering all the items for a kit can be arduous and daunting, so Total Prepare has done the work for you!

Recently revamped, our one and two week kits contain items to cover all eight areas of preparedness. These kits are designed for 2 or 4 people, and plan for a minimum of 4 liters of water per person, per day.

These kits contain Legacy Freeze Dried Food; complete entrée and breakfast meals with a whopping 25 year shelf life!

Portable toilet options cover the other end of the cycle, and blankets, ponchos, first aid supplies, and other items will take care of everything in between!

To ensure that our freshest stock goes into every kit the one and two week kits are made to order. We recommend phoning ahead or ordering online so we can get your kit ready for pick up and save you valuable time.

Why do I need a Shelter in Place Kit AND a Bug Out Bag?

Great question! Due to the extended nature of Shelter in Place kits they are often not a portable option.

If an evacuation order is given, or you otherwise need to flee your home, it is ideal to have a kit designed for 'grab and go' at the ready.

A good way to combine kits is to incorporate backpacks into your Shelter in Place kit. Include the first 72 hours of supplies for your Shelter in Place kit inside the backpacks so you can move quickly when needed.

Where Should I Store my Kit?

This is one of the questions we receive most, and the answer is different for everyone. In general you want to keep your kit somewhere that is secure from pests but easy to access if you need it in a hurry.

Popular choices include storing kits inside a vehicle or motor home, in a hall closet near the main exit, at the front of the garage, or in pest-proof containers in a shed.

If you don't have a good location to store your kit don't despair! In most emergency scenarios you will have the time to grab it, or be able to get to it post-emergency with a little elbow grease.

Suggested Contents

1. **Potable Water** - 4 Litres per person per day.
 - a. Store as much water as possible.
 - b. If space is short, consider using purification and filtration options.
2. **Food** – Aim for 2000 calories per person each day, with a bare minimum of 1200. Long shelf life options are ideal.
3. **Cooking surface/stove and extra fuel.** Noncombustible options are preferable.
4. **Cooking/serving equipment.**
5. **Fire Starter** – At least two methods. Practice with them if the method is unfamiliar (eg flint and steel)
6. **First Aid Kit** - Match the skill level of the household.
7. Solar or Crank **Emergency Radio**
8. Solar or Crank **Flashlights**
9. Solar or Crank **Lantern**
10. **A corded land line or method of charging a cell phone.**
11. **Sleeping Bag/blankets**
12. **Insulation from Ground** – Sleeping mat/emergency blanket
13. **Tent & Tarps**
14. **Light Sticks**
15. **Alcohol based hand sanitizer** – doubles as a fire accelerant.
16. **Heavy duty garbage bags**
17. **Outdoor lidded garbage cans**
18. **Paper towels / toilet paper**
20. **Power Generator** – Solar is ideal for preparedness
21. **Playing Cards / Versatile Games**
22. **A Book or Magazine**
23. **Mementos/Comfort Items** – Use your 'important documents' USB stick for family photos too!
24. **Tool for turning off gas/water lines** – Only turn off your gas if directed.
25. **Changes of clothes** – pack for different types of weather
26. **Rain Gear** – Even a lightweight plastic poncho makes a BIG difference.
27. **Duct Tape**
28. **Knife** – For cutting rope, shaving kindling, etc.
29. **Multi-tool/Army Knife**
30. **Work Gloves**
31. **N95 Dust Masks**
32. **Toilet Set / Folding Toilet**
33. **Scrubba** – A modern day laundry washboard. Doubles as a dry bag.

Additional Contents Note

Don't be overwhelmed! The above items are our suggestions for a truly comprehensive kit, but not everything on the list is right for every household. Assess your needs and ensure that you have at least one thing to cover each area of preparedness. Once that's done you'll have a great base kit to work from or add to over time.

The 8 Areas of Preparedness are: Water, Food, Light, Communication, Shelter, Heat, First Aid, and Sanitation.