Don't Leave Home Without It

You spend a great deal of time in your truck. Keeping emergency supplies in your vehicle is a necessity.

You spend the majority of your time on the road and away from home. During an emergency or disaster situation you could find yourself stranded and not able to make it back home due to infrastructure damage. It is important to be prepared by assembling a 72-hour survival kit to get through these tough times.

The kit should contain three days worth of food, water and personal items as well as first-aid supplies. It should be kept in some type of carry-case, such as a back-pack, located somewhere in the cab of the vehicle. Your kit should include all of the items listed below.

FOOD AND HYGIENE

- Water
- Food (e.g. energy bars, canned goods)
- Warm clothing for extra layers
- Winter hat/toque
- Goggles
- Work gloves
- High visibility vest
- Solar blanket
- Toothbrush
- Toothpaste
- Wetnaps
- Bar of soap/antibacterial hand sanitizer
- Toilet paper
- Sanitary napkins/tampons

COMMUNICATION / TOOLS

- AM/FM Radio (crank type for self-charging)
- Crank type self-charger for cell phone
- Mirror
- Whistle
- Emergency flares
- Emergency contact information
- Candles / glow stick
- Flashlight with batteries or crank type self-charging flashlight
- Water proof matches
- Knife
- Nylon rope
- Shovel
- Notepad and pencil

FIRST AID SUPPLIES

- Wound cleansing towelettes
- Hand cleansing towelettes
- Sterile adhesive dressings, assorted sizes
- Sterile gauze dressings
- Sterile pressure dressings with crepe ties
- Sterile abdominal dressings
- Cotton triangular bandages
- Safety pins
- Stainless steel scissors
- Stainless steel sliver forceps
- Cotton tip applicators
- Adhesive tape
- Crepe roller bandage
- Pocket mask with a one-way valve and oxygen inlet
- Pairs of medical gloves (preferably non-latex)
- Splint
- Elastic wraps

Be Ready Now.

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