

This bag contains:

1. First aid supplies
2. Blanket
3. Flashlight and batteries
4. Tealight candles
5. Waterproof matches
6. Reflective tape
7. Water purification tabs
8. 1 L of water
9. Toilet paper
10. Tissues
11. Hand sanitizer
12. Hand wet wipes
13. Whistle
14. Ziplock bag
15. Notebook and pencil
16. Large garbage bag
17. Small garbage bag
18. Sewing kit
19. Playing cards



Who are we?

EOS is an environmental NGO charity based in Sackville, NB.

Our Vision

EOS envisions a safe, thriving and resilient Chignecto Region in the face of climate change.

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EOS Eco-Energy



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Your 72-Hour Emergency Kit Contents Guide




New Brunswick
Your Environmental Trust Fund at Work
Votre Fonds en fiducie pour l'environnement

Why these are in your kit:

1. In cases of injury (list of contents included in the bag)
2. To keep warm during cold weather
3. Moderate source of light
4. Moderate source of light & heat
5. To light candles
6. To increase visibility
7. To provide safe drinking water
8. For drinking and measuring the 1L required for purification tabs
9. For hygiene
10. For hygiene
11. For hand hygiene
12. For hand hygiene
13. To attract attention and signal for help
14. To keep important documents dry
15. To write important contact information
16. For rain resistance, cut into a poncho or use for a dry area to sit
17. To hold garbage
18. To mend small rips in fabric to avoid heat loss
19. To keep your mind occupied

Tips on storing and using your kit:

- Go through your kit and organize it the best way for yourself.
- Learn how to use the items in your kit ahead of time.
- Plastic water bottles expire and should be replaced.
 - The one in this bag has the expiry date on the top in the form month day year.
- Review your kit annually to check expiry dates, replenish, and update as needed.
- Update clothes seasonally.
- Keep notebook and pencil in large ziplock with other important documents.

What you should add:

- More water so there is 6 Litres
- 3 days worth of medications
 - Prescription medications
 - Pain management
- Photocopies of your:
 - Driver's license
 - Insurance policies
 - Passport
 - Birth certificate
 - Land deed
 - Photos of family members and pets
 - Banking information
- Cash and change
- Baby or child supplies (diapers, baby food, toys, etc.)
- Pet supplies (food, toys, etc.)
- Phone charger & power supply
- Full change of seasonal clothes
- Sunscreen
- Compass
- Multitool
- Shelf-stable food & way to open it
- Personal hygiene products
- Biohazard bag
- SOS sign
- Radio