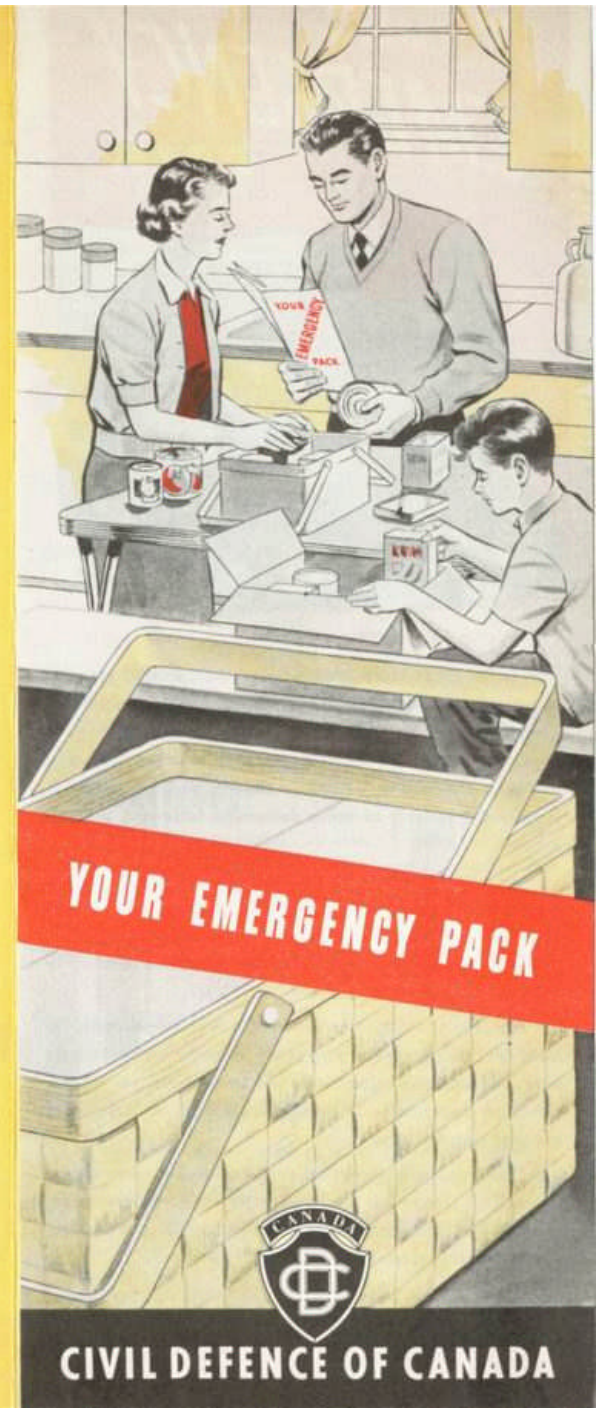
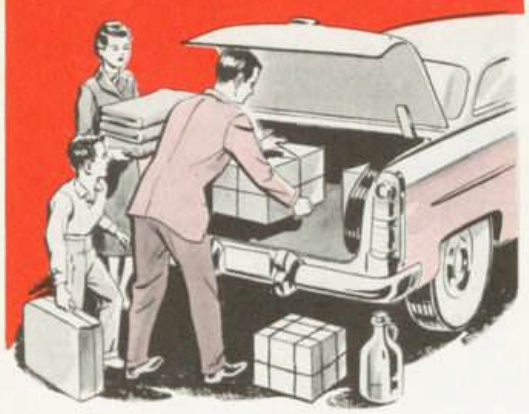
Produced for
Civil Defence
by Information Services Division
Department of National Health and Welfare
by authority of the Minister
Honourable J. Waldo Monteith
Ottawa, 1959



YOUR EMERGENCY PACK



In the event of a nuclear attack, you may find yourself in one of two situations. First, if you live in a probable Target Area, you will be instructed to evacuate with your family. In the second situation, you may be living in an area located in the path of "fallout"—the radioactive dust which is carried hundreds of miles downwind following a bomb burst.

In either case, whether you evacuate or take refuge in your own home, all utilities and other supplies could be cut off or seriously curtailed for many days. During this period, you will require water, food and other essentials in order to survive.

In case evacuation is ordered, it will be necessary to have everything packed and ready to move on very short notice. If you take refuge, you will be confined for several days and therefore your requirements must be stored and checked ahead of time.

This pamphlet contains suggestions for your Emergency Pack. Sufficient food and water for seven days is recommended. When reviewing the following list, pay particular attention to those items marked "Essential".

PLAN TODAY TO SURVIVE TOMORROW

When selecting food for your family's Emergency Pack, consider food preferences and individual appetites.

You should:

1. Change the stored water about once a month and keep foods fresh by rotation through normal use *every six months.*
2. Include special food needs for infants and invalids.
3. Foods selected must be in cans, glass jars, sealed packages or vacuum cans.
4. Choose size of cans according to the size of your family.
5. Select foods which may be eaten cold if necessary.
6. Store foods in containers which may be easily picked up and carried to the trunk of the car if evacuation becomes necessary.

SUITABLE CONTAINERS INCLUDE:

• Suitcase • Strong mesh shopping bag • Canvas or utility bag with handles • Child's school bag with over-the-shoulder strap • Covered picnic basket • Heavy cardboard carton — tied with heavy cord.

START PLANNING YOUR EMERGENCY PACK NOW! TOMORROW MAY BE TOO LATE!

PACK CONTENTS SHOULD INCLUDE:

A GUIDE TO AMOUNTS

The following is one of many possible lists for *one* adult for seven days. (For *each* young child, include 4 cans of milk, extra water, and decrease other foods according to appetite; for *each* infant include 7 cans of milk, extra water, and infant food as required.)

WATER — RECOMMENDED AMOUNT

2 gallons of water for each member of the family
3 gallons for each child under three years
} *FOR SHELTER OR REFUGE*

NOTE: Due to the weight and bulk involved, 2 quarts water per person is recommended for the trunk of the car and for those people without private transportation.

SUITABLE CONTAINERS FOR WATER STORAGE

Store in clean, tightly covered containers such as:
- Large thermos jugs with handles
- New fuel cans
- Clean hot water bags
- Large vinegar bottles

2 GALLONS WATER (for shelter or refuge)
or 2 QUARTS (for trunk of car or for those people without private transportation)

FOOD — CHOOSE FROM THE FOLLOWING FOOD GROUPS:

1 MILK
Evaporated or dried skim milk

2 CANS EVAPORATED MILK (1lb. cans)

2 CANNED JUICES, FRUITS AND VEGETABLES

Apple juice Grapefruit juice Lemon juice
Orange juice Tomato juice Peaches Pears
Green beans Peas Tomatoes

3 CANS CITRUS JUICE (20 oz. cans)
3 CANS FRUIT (peaches, pears — 15oz. or 20 oz. cans)
3 CANS VEGETABLES (beans, peas, tomatoes — 15oz. or 20 oz. cans)

3 CEREALS, BISCUITS

Packaged Cereals (Sealed in wax bag in or out of package)
Crackers Graham wafers
Date and Nut bread (Canned) Cookies

7 INDIVIDUAL PACKAGES CEREAL
1 PACKAGE CRACKERS (1 lb.)
1 PACKAGE COOKIES

4 MAIN DISH ITEMS

Corned beef Beef and gravy Luncheon Meats
Baked beans Cheese (in jar) Canned fish

Canned and Dehydrated Soups
Bean Pea Tomato Vegetable

Infant Foods
Meat and vegetable soup Precooked baby cereal
Assorted strained fruit

1 CAN MEAT (12oz.) 1 CAN BEEF AND GRAVY
1 CAN BEANS (15. oz. or 20 oz. can)
1 SMALL JAR CHEESE 1 CAN FISH (8 oz.)
1 CAN SOUP (10 oz.)

5 OTHER FOODS

Honey Peanut butter (in cans) Jam, Syrup, Molasses, Jelly Hard candy Tea bags Instant coffee Instant chocolate powder Sugar Salt and pepper Gum

1 SMALL JAR HONEY 1 LB. HARD CANDY
1 SMALL JAR PEANUT BUTTER
1 SMALL PACKAGE TEA BAGS 1 SMALL JAR SUGAR
1 SMALL JAR INSTANT COFFEE SALT AND PEPPER

6 EATING UTENSILS

Can opener Paper cups or other type mug or cup
Spoons Knives Paper plates

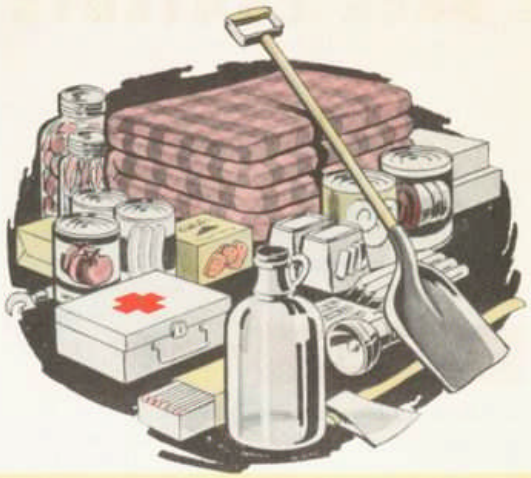
1 CAN OPENER 1 PACKAGE PAPER CUPS
1 SPOON 1 KNIFE 1 PACKAGE PAPER PLATES

CHANGE WATER ONCE A MONTH -- ROTATE FOOD EVERY SIX MONTHS

OTHER PACK EQUIPMENT

In addition to a minimum quantity of staple foods and water, there are other items which should be included in your Emergency Pack to make living easier, improve sanitation, and guard against boredom and psychological stress.

The basic list of items required is the same whether kept in a refuge or in the trunk of the family car. For people who do not have their own means of transportation, the "starred" items should be kept in a suitcase or other suitable container which can be carried.



EMERGENCY PACK FOR REFUGE OR TRUNK OF CAR

ESSENTIAL

★ Water — 2 quarts

★ A seven-day food supply (per person) including utensils for eating, and a can opener (See recommended list).

NOTE: Those without private transportation should take as much food as feasible to carry.

★ Blanket (at least one per person)

★ Blanket pins (8)

★ Safety matches

★ One pair wool socks (per person)

★ Infant care items (if required)

★ Essential medicines (insulin, etc.)

Candles Axe Flashlight and batteries Shovel Javex and covered pail — for emergency toilet facilities in refuge.

DESIRABLE

Additional water if space and containers are available

★ Plastic-type raincoat

★ Hand towel (one per person)

★ Soap

★ Personal items (toothbrush, comb, razor, sanitary supplies, etc.)

★ Pocket knife

★ Personal papers and valuables

First Aid Kit Facial tissues Extra sweater Portable battery radio Non-electric type heating unit and spare fuel Cooking utensil Waterproof sheet Sash cord rope or heavy binder twine Lantern with quantity of oil in safety tin Change of clothing Nails Old newspapers Whistle Reading material Games for children

GAS: ***Never let your car tank get less than half full.***

DISCUSS WITH YOUR LOCAL DIRECTOR OR PROVINCIAL CO-ORDINATOR OTHER CIVIL DEFENCE PROGRAMS FOR THE SURVIVAL OF YOU AND YOUR FAMILY