

## **UBC Thriving Kids – Evacuation Notes & Packing List**

(Prepared by Sandra Kahle, parent of medically complex child)

Ideally use an electronic app which every adult in the household has on their smartphone. Two options I have used are “To Do” and “Todoist”. Create a shared list so everyone has access to the same list which updates in real time when items are added/removed/checked-off, to see clearly exactly what needs to be grabbed. As things are packed and placed into the boxes/vehicle, check off the item so everyone knows it has been packed.

Prior to fire/flood season:

- Review and update the items on your list. Pack “grab and go” box(es) with spare essentials and keep in an easy-to-access space. If you remove something from the box, uncheck it on the app so you know to re-pack it in the event of evacuation.
- Inventory home contents. Make video. Photograph property exterior, including landscaping.
- Keep vehicle fuel tank full.
- Practice opening and closing your garage door manually. If electricity goes out, the garage door will need to be manually opened/closed. Know how to do this!

### **General notes:**

If your items are in obscure places, note next to the line item where it can be found (e.g. cat carrier (under the stairs))

“Star” important “must have” items. If you have only a few minutes, this is what you take! Grab it and get out!

To ensure efficiency and reduce stress, it is helpful to assign specific individuals to grab certain things: e.g. adult one loads kids & items, pets & items, medications. Adult two loads “go box(es)”, medical equipment & supplies, important documents & electronics.

If you are put on Evacuation Notice, put everything possible to pack early, in one place. Consider having certain items in your vehicle if you head out, just in case the Evacuation Order is given while you are out and you are not permitted to return home.

For quantities, consider how possible it is to obtain the item in the community or via the Product Distribution Centre (for At Home Program families). Also consider your vehicle capacity, where you will be staying, and length of time you anticipate being displaced, and whether your residence and contents are likely to be safe/lost if left behind.

Children: consider having your contact information either in their pocket or written on their arm.

Pets: ensure your name and phone number are visible on the animal carrier and ideally also on their tag/collar. Do this ahead of time.

Consider joining your community flood/fire watch Facebook group(s) & app. Some BC and central Okanagan ones are:

B.C. Wildfire Updates, Resources & Photos Page (62.9K)

<https://www.facebook.com/share/g/15nggfd7oj/>

Vernon and Area Fire/Flood Watch 2025 (8.8K) (they update the name annually)

<https://www.facebook.com/share/g/1YdYEZPGJo/>

Okanagan Valley Fire Connect: Community Fire & Emergency Hub (8.7K)

<https://www.facebook.com/share/g/1LbgM7663w/>

Some cities/districts use the free “Voyent Alert” app.

### **My list – Star Items (Level 1):**

\* For multiple people, create a separate line entry for each person’s item

\* When you are able, call neighbours (some may be unaware of the situation, especially elderly). Do any need a ride or other assistance? Are any out of town? Our neighbour was away during one fire – I was able to reach him and once our “Star” items were packed he walked me through getting his “Star” items (we have each other’s key)

- Before the pets pick up on tension, secure the cat into the carrier, then the other pets! (each in their own carrier)
- Position vehicle in “drive out” position (makes it easier to leave quickly and faster to load)
- Child [name] (secure child in car seat (or wherever they need to be, to stay safe & not left behind). If you suddenly need to “GO”, ensure they are where they need to be!)
- Cat [name] (secure in labeled individual cat carrier & place in vehicle)
- Dog [name] (secure in labeled individual dog carrier & place in vehicle)
- Car key (place in car)
- Spare car key (place in your pocket)
- Phones (keep on your person and check off list items as you go so everyone knows what is still needed)
- Go Box(es) (pre-pack what you can at beginning of evacuation-ready season. Review contents monthly to check for expiration dates/rotate fresher items in)
  - o Food (e.g. nuts, granola bars, kid’s “safe foods” etc.; non-perishables, 3+ days)
  - o Water (3+ days)
  - o Diapers (2 sleeves)
  - o Basic supply of pet food

- Spare pet water and food dishes
  - Dog carrier, and spare collar and leash
  - Cat carrier, and spare collar and leash (prevent escaping; cats are particularly skittish)
  - Anything duplicate you have from your list that you can pre-pack. (If you remove an item, re-add it to your list!)
- Any life sustaining equipment & supplies (each item with their own entry)
  - Feeding pump, charger, clamp, spare Gtube buttons, extensions, feeding bags, tube food, syringes, sterile water etc.
  - Oxygen, suction, etc...
- Medications (list each & where to find – e.g. fridge)
- Vet medications (list each & where to find)
- Hearing aids
- Hearing aid charger/batteries
- Glasses/Reading glasses
- Stroller/mobility aids/orthotics
- AAC device & charger
- Wallet
  - IDs (Drivers' licence, BC Services Card)
  - Cash
  - Credit card(s)
  - Debit card(s)
- Important papers (scan & email to yourself/keep in the cloud -- pre-packed). Keep originals together, in an easy-to-grab location.
  - House deed
  - Insurance policies
  - Personal insurance cards
  - Birth Certificates
  - Passports
  - Medical records
  - Prescription info (pharmacy info, medication info, Rx numbers)
  - Pet info (vet info, microchip/tattoo details)
  - Create a list of “who to inform” and how to reach them. Email this to yourself.
    - Product Distribution Centre (update address where to courier items; order ASAP what you need)
    - NSS agency
    - NSS coordinator
    - CYSN social worker
    - Close family/friends
- Phone charger, car charger, power bank
- Electronics (laptop/iPad/desktop/backup drive etc.; each item and corresponding charger with their own entry)
- Diaper bag

**Level 2 items:**

\* If you have two vehicles and danger is a concern but not imminent, consider adult 1 departing with kids/pets and Star items, and adult 2 staying to pack what they can into vehicle 2. Ensure they have vehicle keys, all phone ringers are on, and you have a plan for where to meet up.

\* If you are able to return in the following day(s), continue with remaining items. So long as you have safe access to your residence, I suggest visiting daily.

- CPAP machine, tubing, mask, distilled water (for us this is a “level 2 grab”)
- Oximeter, spare sensors (for us this is also a “level 2 grab”)
- (Tube feeding: blender, kitchen scale, etc.)
- Specialty food items
- Clothes, person 1, 2... (for 3-5 days)
- Cat tracking collar
- Cat tracking collar charger
- Flashlight/headlamp & batteries
- Sterile gloves
- Vitamins, person 1, 2...
- Masks (to help filter smoke) – N95 or similar
- Dog food, additional
- Cat food, additional
- Diapers, additional
- Wipes, additional
- First aid kit (ideally always in your vehicle)
- Child comfort item(s)

**Level 3 items:**

- Fridge & freezer items (odd item, but when we evacuate it is generally to my in-laws, so we take more than we would if going to a hotel or evacuation centre)
- Ice packs & cooler bags (500 mL sterile water bottles, emptied and 7/8 refilled with tap water & frozen make excellent ice packs)
- Blankets
- Pillows
- Towels
- Sunglasses
- Hat, person 1, 2...
- Pet items:
  - o Cat litter box
  - o Cat litter
  - o Cat litter scoop
  - o Dog bags
  - o Dog harness
  - o Cat/dog toys
  - o Dog/cat bed
- Child toys/books/OT/PT/SLP items
- Playpen, folding

- Baby monitor
- Diaper caddy
- Child toilet seat
- Toiletries & cleaning supplies
  - Hand sanitizer
  - Dish Soap
  - Hand soap
  - Laundry detergent
  - Menstruation supplies
  - Razor
  - Toothpaste
  - Hair brush
  - Eye drops
  - Shampoo
  - Body wash
- Jewelry
- Heirlooms
- Eco dot Alexa

As about to leave:

- Turn pilot lights/gas
- Close all interior doors
- Check all doors & windows are closed
- Check on neighbours who indicated needing assistance

Once you have evacuated:

- Head to your local evacuation centre (or register online). Register early if you need the centre to find accommodation for you!
- Figure out where your pets/animals will stay, if not able to stay with you. (Plan ahead of time, if possible)
- Review “whom to inform” list & provide updates
  - Consider updating your social media to mention you are safe

*Disclaimer: This list and notes are not comprehensive and are not to be solely relied upon. They are meant to assist the reader in determining for themselves how to prepare for, and respond to, an emergency evacuation.*

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