Winter-prep checklist for students

Your first Canadian winter: a 72-hour kit, carbon monoxide safety, weather alerts and travel, from the Government of Canada's Get Prepared pages.

NAME _____ DATE _____

KIT FOR AT LEAST 72 HOURS

- ☐ Water: two litres per person per day
- ☐ Non-perishable food (replace once a year)
- ☐ First aid kit and a list of your medications
- ☐ Copies of your ID, health number and insurance information
- ☐ Flashlight, extra batteries, phone charger or power bank
- ☐ Warm clothing, gloves, socks, heat packs and ice grippers

HOME

- ☐ Carbon monoxide alarm with battery backup outside sleeping areas (ask your landlord if there is none)
- ☐ Never use a barbecue, camping stove or generator indoors
- ☐ Outdoor exhaust vents clear of snow and ice
- ☐ Shovel and salt within reach, if clearing snow is your job under your lease
- ☐ In a storm, a trickle of water to keep pipes from freezing

ALERTS AND TRAVEL

- ☐ Weather alerts on (for example the WeatherCAN app)
- ☐ Plan to change or cancel travel in hazardous conditions
- ☐ Avoid travelling alone or at night in a storm; watch for black ice
- ☐ If you drive: winter tires, full tank, washer fluid, vehicle emergency kit

PEOPLE

- ☐ Household emergency plan shared with roommates
- ☐ Check on older neighbours before a storm

Replace every [bracket] with your own words.

SOURCES (CHECKED 2026-11-26)

Check current details on the official page.
https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-kits/get-kit.html (checked 2026-11-26)
Check current details on the official page.
https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/hazards-emergencies/winter-storms/how-prepare.html (checked 2026-11-26)