



Parksville-Qualicum Beach Community Update

Emergency Kits and Grab-and-Go Bags

What You Need to Know

As we settle into a new year, it's a great opportunity to take stock of our [emergency kits](#) and [grab-and- go bags](#). Our circumstances often change through the year whether it be a new pet, different medications, the need for specialty items, or if we've moved somewhere that requires more preparation, it's a good time to review the contents and make sure you have everything to keep you and your family safe for at least 72 hours.

Emergency kits and grab-and-go bags don't need to be expensive, and chances are you already have many of the essentials at home. The key is to gather those items in one place, fill in any gaps and make sure everything is easy to access when you need it. A little preparation now makes a big difference in an emergency.



What's the difference?

An emergency kit and a grab-and-go bag serve different purposes: one is designed for staying put, the other for leaving quickly. Emergency kits support sheltering at home for days, while grab-and-go bags are built for quick evacuation and mobility.

At a glance:

Type	Purpose	Typical Contents	Example
Emergency kit Supply List	Sheltering in place, stability and longer-term support (<i>several days to weeks</i>).	Water, food, tools, lighting, sanitation supplies, larger items.	Power outages, storms or shelter-in-place orders.
Grab-and-go bag Supply List	Immediate evacuation, mobility and speed, sustaining you for 24 to 72 hours.	Lightweight essentials, documents, pet items, medications, basic food/water, small tools.	Wildfire, flood or evacuation notice.

Water Matters Most

Clean, drinkable water is essential during any emergency. Keep bottled water in your emergency kit, stored in its original, sealed container and placed in a cool, dark and easily accessible location so it stays safe when you need it most. Most people need about four litres of water per person per day, though some individuals may require more, such as children, people who are nursing or anyone who is ill. Hot weather can significantly increase water needs as well.

Pets also need a reliable supply of clean drinking water during an emergency. As a general guideline, they require about 30 mL of water per kilogram of body weight each day, though active animals or those in hot conditions may need even more. For example, a cat or small dog typically needs at least half a cup of water daily to stay healthy and hydrated. Making sure you have enough stored for every member of your household, including the four-legged ones, helps keep everyone safe and comfortable when normal supplies are disrupted.

Caring for Older Adults and Those with Additional Needs

Planning ahead is especially important for older adults and those with additional needs, and a little preparation can go a long way. Taking time to create an emergency plan together, building a small support network of trusted neighbours or family, and assembling a simple grab-and-go bag can make emergencies far more manageable. These steps help ensure essential medications, mobility aids, communication tools, and personal care items are ready when needed most. Here are some helpful resources to get you started:

- [PreparedBC - Resources for People with Disabilities](#)
- [Canada.ca – Emergency Preparedness and Older Adults](#)
- [Canadian Red Cross – Emergency Preparedness for Older Adults](#)

How PreparedBC Helps Us Stay Ready



PreparedBC plays a central role in helping get ready for emergencies by offering clear, accessible tools that make preparedness easier for everyone. It provides [step-by-step guides](#), fill-in-the-blank emergency plans, hazard-specific checklists, and [community-focused resources](#) that support households, neighbourhoods, and organizations in building resilience. Through practical information and easy-to-use planning materials, PreparedBC empowers people to understand their risks, plan and stay safer during unexpected events.

Follow PreparedBC on social media to stay up to date with practical tips, seasonal reminders, and simple actions to help you be ready year-round. [Facebook](#), [Instagram](#), [Threads](#), [X](#)

Staying Alert to Seasonal Hazards

Many regions across the province are experiencing a range of seasonal and weather-related challenges. These include flooding, atmospheric rivers, unstable riverbanks, ice jams, landslides, and avalanches. Each of these hazards can develop quickly and pose significant risks to people, property, and essential infrastructure.



Building awareness is a crucial part of preparedness. When individuals understand the types of hazards which may affect their area, they are better equipped to make informed decisions and take proactive steps to stay safe. You can support your community by encouraging residents to stay alert, follow local guidance and access reliable information. Here are some key resources to help our community stay safe:

- [Prepared BC seasonal hazard information](#) - Content to help raise awareness about seasonal risks and preparedness.
- [River Forecast Centre](#) - Up-to-date advisories, streamflow information and hazard outlooks for rivers across the province.
- [Avalanche Canada](#) - Mountain weather forecasts, avalanche danger ratings and safety information for backcountry users.
- [EmergencyInfoBC](#) - The official source for current emergency alerts, evacuation orders and public safety updates.
- [DriveBC](#) - Real-time road conditions, closures, travel advisories, and information on repair work.

GENERAL INFORMATION

Town of Qualicum Beach

Town Hall is open 8.30 am to 4 pm, Monday to Friday, excluding statutory holidays.

Email	qbtown@qualicumbeach.com
Phone	250 752-6921
Mail	PO Box 130, Qualicum Beach V9K 1S7

City of Parksville

City offices are open from 8 am to 4 pm, Monday to Friday, excluding statutory holidays.

General inquiries, planning and finance departments	250 248-6144; info@parksville.ca
Administration and Office of the Mayor	250 954-3060; administration@parksville.ca
Engineering	250 951-2484; engineering@parksville.ca
Operations	250 248-5412; ops@parksville.ca
Parksville Fire Rescue	250 248-3242; fire@parksville.ca

parksville.ca | letstalkparksville.ca | parksvillefirerescue.ca

For more information:

Kate Pocock, Emergency Program Coordinator, City of Parksville

kpocock@parksville.ca

Lukes Sales (MCIP, RPP Director of Planning and Community Development, Town of Qualicum Beach

planning@qualicumbeach.com

Emergency Planning Coordinator, Emergency Services, Regional District of Nanaimo

250 390-4111

